

Prayer of Repentance

The Jesus Prayer (Catechism of the Catholic Church, 2667); Psalm 51:1–2, 10–12 (RSVCE); a prayer attributed to St. John Neumann.

A Short Prayer of Repentance

Lord Jesus Christ, Son of God, have mercy on us sinners.

Psalm 51: A Prayer for Mercy

Have mercy on me, O God, according to thy steadfast love;
according to thy abundant mercy blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin!

Create in me a clean heart, O God,
and put a new and right spirit within me.
Cast me not away from thy presence,
and take not thy holy Spirit from me.
Restore to me the joy of thy salvation,
and uphold me with a willing spirit.

Prayer of Repentance by St. John Neumann

My Lord Jesus, behold me defiled by sin. Again I have stained the holy garment of grace in my soul that Your Blood has cleansed so often. O Father of mercy, hear my prayer. Give me a true spirit of penance, that through the humble supplication of a contrite heart I may again receive pardon.

Since my last confession I have fallen more frequently than usual. My Jesus, I have gone back. But do not forsake me, though I richly deserve to be rejected as obstinate and incorrigible. Behold me prostrate before You, O my God. My sinfulness weighs me down. Alas, Jesus, my God and Savior, I do not raise my eyes to You. How can I who have so often violated my past resolves presume to ask pardon again?

O my soul, crushed by the load of sin, take courage: your Redeemer will console you in your desolation. Reject me not, though I have miserably broken my promise of amendment. Cast not off Your wretched child, or I shall be forever lost. From my heart I grieve for having offended You.

O holy Mother of God, my guardian angel, my holy patrons: Intercede for me with my Judge and obtain for me the pardon of my sins. O Jesus, grant me a true spirit of penance. My Jesus, have mercy on me. Amen.