

Prayer of Confession

Given by the Blessed Father Nicholas Pekatoros to his spiritual children

I confess to the Lord my God and before you, Holy Father, all my innumerable sins, which I have committed to the present day and hour, in deed, word and thought. Daily and hourly I commit the sin of ingratitude toward the Lord for his great and innumerable blessings and gracious providence toward me, a sinner.

These are my sins:

Empty, foolish words
Criticizing and verbally abusing others
Defiance
Pride
Lack of mercy
Envy
Vengeful anger
Slander against others
Inattention
Neglect where my salvation is concerned
Carelessness
A carefree attitude
Rudeness
Irritability
Despondency
Returning evil for evil
Hardness of heart
Disobedience
Complaining
Self-righteousness
Contradictoriness
Willfulness



Conduct that is blameworthy or disgraceful
Speaking evil
Lying
Excessive laughter
Yielding to temptation
Love of self
Ambition
Gluttony
Drunkenness
Vanity
Laziness
Thinking impure thoughts
Heaping up worldly goods

Lusting after others
Missing Divine Liturgy and other church services
because of laziness and carelessness
Wandering of mind during prayer in church and at home
Sins of deed
Sins of word
Sins of thought
Sins of sight, hearing, smell, taste, touch and my other
senses, both physical and spiritual

I repent of all my sins and I ask forgiveness. (State here other sins that may be on one's soul.)

I also repent and ask forgiveness for sins I did not confess because of their multitude or because of my forgetfulness.

Forgive and release me, Holy Father, and give me your blessing to partake of Christ's Holy and Life-Giving Mysteries, to the renunciation of sin and the receiving of Life Eternal.

Amen