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Traditional Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

Contemporary Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Short Act of Contrition

O my God, I am sorry for my sins because I have offended you. I know I should love you above all things. Help me to do penance, to do better, and to avoid anything that might lead me to sin. Amen.

A Sinner's Prayer to accept Jesus as our Lord and Savior

"O God, I am a sinner. I am sorry for my sins. I want to turn away from sin, but I am weak. I need Jesus and the Holy Spirit to help me... Jesus, from this moment on, I accept you as my Lord and Savior. I want to follow you and serve you in the fellowship of your Church. I want to receive your Holy Spirit so my love for you will grow. Being filled with your love, instead of sin, is how I will purify my soul. I ask this in your name, Jesus. Amen."

A Sinner's Prayer asking Jesus for Forgiveness and Help

"Jesus, I have sinned. I am sorry for my sin. Please cleanse me from my sins. Heavenly Father, I do not want to sin again but I am weak. Please send your Holy Spirit to strengthen me. I need Your Holy Spirit to dwell in me so my love for You will grow. It is only through Your Grace living in me that I can be free from the voices that lead me to sin. Being filled with Your Love, instead of sin, is how I will purify my soul. I ask these things in your name. Amen."

A Sinner's Prayer asking Jesus for Forgiveness and Help

"Jesus, I have sinned. I am sorry for my sin. Please cleanse me from my sins. Heavenly Father, I do not want to sin again but I am weak. Please send your Holy Spirit to strengthen me. I need Your Holy Spirit to dwell in me so my love for You will grow. It is only through Your Grace living in me that I can be free from the voices that lead me to sin. Being filled with Your Love, instead of sin, is how I will purify my soul. I ask these things in your name. Amen."

"Jesus, I have sinned. I'm sorry for my sin. Please cleanse me from my sin... Lord, I do not want to sin again but I am weak. I want to receive your love through the Holy Spirit so my love for you can grow. It is only through your love that I can be free from the voices that lead me back to sin. Being filled with your love, instead of sin, is how I will purify and sanctify my soul. I ask this in your name, Jesus Christ. Amen."

A Sinner's Prayer to rid Ourselves of a Specific Demon:

"Jesus, you are my Lord and my Savior. I want to follow you and live my life according to God's authority and not my own—but I am weak. Please help me Jesus. I want to receive your love through the Holy Spirit so I can be strengthened by your love. I want your love to replace the demon of _____ that has a grip on my soul. I want to free my soul from all demons so I can be filled with your Grace, this is how I will purify my soul. I ask this in your name, Jesus Christ. Amen."

Or...

"Jesus, you are my Lord and Savior. I am trying to be obedient and live my life according to God's Authority and not my own—but I am weak. Please send your Love to help me overcome temptation and sin. I ask for your Holy Spirit to replace the demon of _____ that has a grip on my soul. Being filled with your Love instead of sin is how I will purify my soul. I ask this in your name, Jesus my Lord. Amen."

Remember... There is a big difference between saying Jesus is the Lord **"in"** my life, rather than the Lord **"of"** my life...

Surrendering our will for God's

Lord Jesus, I bring to you all the weakness within me that tends to undermine the way I live and work. I offer myself and all that I do to you. Take it and make it a worthy offering to your Father and mine. Accept the gift of my mind, my will, and most of all my heart. Accept the work of my hands. Help me to think, evaluate and act in conformity with the Father's will. Make possible within me what I cannot do on my own. Amen. Archbishop Alfred Hughes

Help me Jesus...

I sincerely pray, that you will surrender all the hurt, realized or not, to Christ. Just give it all to him. Say, "Jesus, help me, help me. Please take away my hurt now and forever. I can't do this alone. I need you to do it for me. Please help me Lord, help me to feel your love in me, help me to stand in the light of your love, help me to see all things through your love, please teach me how to live in you, and you live in me. Help me Lord..."

Prayer for the parish

"Jesus, please hear our prayer. You are our Lord and our Savior. We worship you and follow you in the fellowship of your Church. We come before you as sinners recognizing we are not yet made perfect in our love for you, ourselves and for others. Please forgive us for our sins as we come before you Lord to ask for healing for those we now pray: (name the people you are praying for).

Or...

Please strengthen our fellow brothers and sisters through your Holy Spirit so they may feel the power of Your presence dwelling deep within them. Please heal their body and their spirit, Lord. Please heal their body and soul with the Holy Spirit that has healed the cripple, the blind, the possessed, and the infirmed for thousands of years. You told us to "ask you Lord for whatever we need to further your Kingdom" so we are asking. We are asking in your name, Jesus our Christ, our Lord and Savior now and forever. Amen..."