

Self Examination Before Confession

First Commandment

Have I believed in God the Father, the Son, and the Holy Spirit? Have I failed to trust in God and his mercy? Have I complained against God in adversity? Have I been thankful for God's blessings? Have I doubted the Christian faith and the teachings of the Church? Have I tried to serve God and keep His Commandments? Have I given way to superstition? Have I frequented the religious meetings of heretics and schismatics? Have I neglected my duties to God through fear of ridicule or persecution? Have I failed to pray to God faithfully? Have I put myself before God?

Second Commandment

Have I made an idol of any person or thing? Have I given to anyone or anything the worship that is due to God alone? Have I set before myself the holy life of Jesus and tried to imitate Him? Have I read the Holy Scriptures regularly? Have I been irreverent during Church Services, let my attention wander, or been insincere? Have I neglected to receive Holy Communion regularly or without due preparation?

Third Commandment

Have I profaned the holy name of God in any way? Have I cursed anyone or anything, or sworn a false oath? Have I failed to give proper reverence to holy persons and things? Have I had due respect for the clergy of the Church, or hindered them in performing God's work? Have I broken any solemn vow or promise? Have I entered into any unlawful contract or made an unlawful promise?

Fourth Commandment

Have I stayed away from Church on Sundays or prevented others from going? Have I done unnecessary work on Sundays? Have I spent the day in unwholesome fashion or profaned it by improper conduct? If I could not go to Church because of illness or other grave cause, have I prayed at home? Have I caused anyone else to profane the Lord's Day? Have I kept the Fasts and Festivals prescribed by the Church?

Fifth Commandment

Have I respected my parents and been obedient to them? Have I been guilty of deception, or caused them pain by my words or actions? Have I neglected them or failed to help them? Have I done my duty towards my family? Have I been wanting in love or kindness towards my husband (or wife), or harmed him (or her) in any

way? Have I set my children a good example and tried to bring them up properly? Have I corrected their faults with patience and not with anger? Have I over-indulged or spoiled them? Have I neglected my god-children and failed in my obligations towards them? Have I worked for my employers honestly and diligently? Have I treated fairly all those who have worked for me? Have I honored God as my Heavenly Father by treating others as my brothers, and have I honored the Church as my spiritual Mother by honoring and practicing my religion in accordance with her teachings?

Sixth Commandment

Have I caused the injury or death of any one, or wished that I were dead? Have I done anything to shorten my own life or that of someone else by injuring health, or through evil and intemperate living? Have I given way to anger, or harmed others with words or actions? Have I defamed others who needed help, or failed to stand up for those unjustly treated? Have I been cruel to anyone? Have I mistreated animals or destroyed any life unnecessarily? Have I failed to forgive anyone or harbored evil thoughts against them?

Seventh Commandment

Have I given way to impure thoughts, words, or deeds? Have I committed any unworthy actions alone or with others? Have I degraded myself in any way, or forgotten human dignity? Have I read immoral books or magazines, or delighted in obscenity of any kind? Have I associated with bad companions or frequented unsavory places? Have I eaten or drunk or smoked too much? Have I been lazy, idle, or wasted my time? Have I led others to commit sinful acts? Have I been unfaithful to any trust confided in me?

Eighth Commandment

Have I stolen anything or wished to do so? Have I kept anything that did not belong to me? Have I tried honestly to find owners of lost articles I have found? Have I paid my debts? Have I lived within my income, and not wastefully and extravagantly? Have I given to charitable causes in proportion to my means? Have I been honest and upright?

Ninth Commandment

Have I told lies, or added to or subtracted from the truth? Have I made careless statements or spoken evil of anyone? Have I told any secrets entrusted to me, or betrayed anyone? Have I gossiped about anyone or harmed their reputation? Have I concealed the truth, assisted in carrying out a lie, or pretended to commit a sin of which I was not guilty? Have I tried to see the good in others rather than their shortcomings?

Tenth Commandment

Have I envied anything good that has come to others? Have I been jealous of another's good fortune? Have I wished for anything that was another's? Have I damaged or destroyed the property of others? Have I wished for things God has not given me, or been discontented with my lot? Have I been stingy? Have I held back anything due another? Have I hoped for the downfall of anyone so that I might gain by it? Have I failed to be gracious and generous to anyone? Have I expected God to give me that which I would refuse one of my fellow men?

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PRAYERS JUST BEFORE CONFESSION

In the Name of the Father, and of the Son, and of the Holy Spirit.
Amen.

Glory to thee, our God, glory to thee.

O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things; Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. (Thrice)
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever and unto ages of ages. Amen.

All-holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our iniquities. Holy God, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. (Thrice)
Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from the Evil One.

For Thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit, now, and event and unto ages of ages. Amen.

Lord have mercy (12 times) Glory to the Father, and to the Son, and to the Holy Spirit, now, and every and unto ages of ages. Amen.

O Come let us worship God our King. O come, let us worship and fall down before Christ, our King and our God (three reverences.)

Psalm 50

Have mercy on me, O God, according to Thy Great Mercy; and according to the multitude of Thy compassions blot out my transgression. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I know mine iniquity, and my sin is ever before me. Against Thee only have I sinned and done this evil before Thee, that Thou mightest be justified in Thy words, and prevail when Thou art judged. For behold, I was conceived in iniquities, and in sins did my mother bear me. For behold, Thou hast loved truth; the hidden and secret things of Thy wisdom hast Thou made manifest unto me. Thou shalt sprinkle me with hyssop, and I shall be made clean;

Thou shalt wash me, and I shall be made whiter than snow. Thou shalt make me to hear joy and gladness; the bones that be humbled, they shall rejoice. Turn Thy face away from my sins, and blot out all mine iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from Thy presence, and take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation, and with Thy governing Spirit establish me. I shall teach transgressors Thy ways, and the ungodly shall turn back unto Thee. Deliver me from blood-guiltiness, O God, Thou God of my salvation; my tongue shall rejoice in Thy righteousness. O Lord, Thou shalt open my lips, and my mouth shall declare Thy praise. For if Thou hadst desired sacrifice, I had given it; with whole-burnt offerings Thou shalt not be pleased. A sacrifice unto God is a broken spirit; a heart that is broken and humbled God will not despise. Do good, O Lord, in Thy good pleasure unto Zion, and let the walls of Jerusalem be built up. Then shalt Thou be pleased with a sacrifice of righteousness, with oblation and whole-burnt offerings. Then shall they offer bullocks upon Thine altar.

Have mercy on us, O Lord, have mercy on us; for laying aside all defense we sinners offer unto Thee. as Master, this supplication: have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit.

O Lord, have mercy on us, for in Thee have we put our trust; be not exceedingly angry with us, nor remember our iniquities, but look down upon us even now, as Thou art compassionate, and deliver us from our enemies; for Thou art our God, and we are Thy people; we are all the work of Thy hands, and we call upon Thy name.

Both now and ever, and unto ages of ages. Amen.

Open to us the door of your compassion, O blessed Theotokos. As we set our hope in you, may we not be confounded; through you may we be delivered from all adversities, for you art the salvation of the race of Christians.

Lord, have mercy. (12 times)

THE CREED

I believe in one God, the Father, Almighty, Maker of heaven and earth, and of all things visible and invisible: And in one Lord Jesus Christ, the Son of God, the Only-begotten, Begotten of the Father before all worlds, Light of Light, Very God of Very God, Begotten, not made; of one essence with the Father, by whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; And was crucified also for us under Pontius Pilate, and suffered and was buried; And the third day He arose, according to the Scriptures; And ascended into heaven and sits at the right hand of the Father; And He shall come again with glory to judge the living and the dead, Whose kingdom shall have no end. And I believe in the Holy Spirit, the Lord

and Giver of Life, Who proceeds from the Father, Who with the Father and the Son together is worshipped and glorified, Who spoke by the Prophets; And I believe in One Holy Catholic and Apostolic Church. I acknowledge one Baptism for the remission of sins. I look for the Resurrection of the dead, and the life of the world to come. Amen.

A Prayer of Repentance

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended thee, and I sincerely repent; with tears I humbly pray thee, O Lord: of thy mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Thy Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit. Amen.

Sit quietly and contemplate your confession.

CONFESSION

While the Penitent is waiting for the Priest to hear his/her confession, he/she will say to him/herself the "Trisagion Prayers," then:

I have sinned, O Lord, forgive me. O God, be merciful to me a sinner.

When the Penitent's turn comes, he will go forward and kneel in the proper place, and say to the Priest:

PRIEST

Behold, my spiritual son/daughter/child, Christ stands here invisibly, and receives your confession: Wherefore, do not be ashamed, neither be afraid, and conceal anything from me: but tell me, without doubting, all things which you have done; and so you shall have pardon from our Lord Jesus Christ. His holy image is before us: and I am but a witness, bearing testimony before Him of all things which you say to me. But if you shall conceal anything from me, you shall have the greater sin. Take heed, therefore, lest, having come to the physician, you depart unhealed.

PENITENT

I, a sinner, confess to Almighty God, the Lord, One in the Holy Trinity, to the immaculate Virgin Mary the Theotokos, to all the Saints, and to you, my Spiritual Father, all my sins:

(The Penitent will then mention whatever sins he/she may have committed, concealing nothing; following which he/she will say)

For these and for all my other sins which I cannot now remember I am heartily sorry that I have offended God, Who is good, and angered Him against me; I sincerely repent, and I promise with the help of God to better my way of life: wherefore I humbly ask thee, my spiritual Father, saving penance and absolution.

The Priest then places the end of his Stole upon the head of the Penitent. Here the Priest may Question the Penitent, or give such advice and Penance as may be necessary; then he continues with the following:

PRIEST: *Let us pray to the Lord.*

O Lord God, the salvation of Your servants, merciful, compassionate, and long-suffering; Who forgives our evil deeds, not desiring the death of a sinner, but that he turn from his way and live: Show mercy, now, on Your servant, [NAME], and grant to him (her) an image of repentance, forgiveness of sins and deliverance, pardoning all his (her) sins, whether voluntary or involuntary. Reconcile him (her) and unite him (her) to Your Holy Church, through Jesus Christ our Lord, to Whom, with You, are due all dominion and majesty, now and ever, and unto ages of ages. Amen.

The Priest then places his right hand upon the Stole over the head of the Penitent, and pronounces the Absolution:

PRIEST: *May our Lord and God Jesus Christ, through the grace and bounties of his love towards mankind, forgive you my child, [NAME], all your transgressions; and I, an unworthy priest, through the power given to me by him, do forgive and absolve you from all your sins: (+) In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.*

While giving the Absolution, the Priest makes the sign of the Cross over the Penitent as he says "*In the Name of the Father ... etc.,*" then he gives the blessing:

PRIEST: *May Christ, our true God, through the intercessions of his most Holy Mother, and of all the Saints, have mercy upon us and save us, forasmuch as he is good and loveth mankind. Amen.*

Prayers After Confession

The Penitent then returns to his seat and gives thanks to God for His goodness, by saying the following:

1.

O almighty and merciful God, I truly thank thee for the forgiveness of my sins; bless me, O Lord, and help me always, that I may ever do that which is pleasing to thee, and sin no more. Amen.

2.

O Lord God of my salvation, the Saviour and Benefactor of my soul, I am truly sorry for my every transgression and I firmly resolve never again to offend thee by my sins, and sincerely promise to amend my way of life. Implant in me the fear of thy blessed commandments, that I may trample down all carnal appetite and may lead a godly life, both thinking and doing always such things as are pleasing unto Thee. I pray thee, grant unto me the Grace of thy Holy Spirit, that thus strengthened, I may shun all evil deeds and works, and words and thoughts, and may avoid all snares of the Evil One. Shine in my heart with the true Sun of thy Righteousness; enlighten my mind and guard all my senses, that walking uprightly in the way of thy statutes, I may attain unto life eternal. Amen.

O Sovereign Master, who lovest mankind, lead me in thy way, that I may walk in thy truth. Make glad my heart, that I may fear thy Holy Name. O Lord, mighty in mercy, gracious in strength, aid and comfort and save me, as I put my trust in thy holy Name. Rebuke me not, O Lord, in thy displeasure, neither punish me in thy wrath, but show unto me thy great mercy and compassion, O Physician and Healer of my soul. O Merciful Saviour, blot out all my transgressions, for I am heartily sorry for having offended thee. Grant me thy Grace that I may avoid my previous evil ways. Strengthen me, O Mighty One, to withstand those temptations before which I am weak, that I may avoid all future sin. Keep me under thy protection and in the shadow of thy wings, that I may serve thee, praise thee, and glorify thee all the days of my life. Amen.