



## **A Brief Confession before One's Spiritual Father**

**I** confess to the Lord my God and before thee, venerable father, all my countless sins, committed by me unto this very day and hour, in deed, word and thought. I sin daily and hourly by mine ingratitude toward God for His great and countless blessings and benevolent providence over me, a sinner.

**I HAVE SINNED THROUGH:** idle-talking, judging others, stubbornness, pride, hard-heartedness, envy, anger, slander, swearing, inattention, negligence concerning my salvation, carelessness, indifference, impertinence, irritability, despondency, rendering evil for evil, bitterness, disobedience, complaining, self-justification, contradicting others, self-will, reproachfulness, gossiping, lying, frivolity, tempting others, self-love, ambition, gourmandizing, eating and drinking to excess, vanity, laziness, entertaining unclean thoughts, acquisitiveness, impure glances, absence from divine services because of laziness and carelessness, absent-mindedness at prayer both in church and at home; I have sinned in deed, word, thought; in sight, hearing, smell, taste, touch, and the rest of my mental and physical senses; of all my sins I repent and beg forgiveness.

*(Here one should mention specifically any other sins which may be burdening the soul.)*

**I** also repent and ask forgiveness for all those sins that I have not confessed because of their multitude and my forgetfulness.

**Forgive and absolve me, venerable father, and bless me to commune of the holy and life-creating Mysteries of Christ unto the remission of sins and life everlasting. Amen.**