

Краткая Исповѣдь предъ духовникомъ.

Исповѣдаю Господу Богу моему и предъ тобою, отче честный, всѣ мои безчисленныя прегрѣшенія, которыя я сотворил(ъ/а) до настоящаго дня и часа: дѣломъ, словомъ, помышленіемъ. Ежедневно и ежечасно согрѣшаю неблагодарностью къ Богу за Его великія и безчисленныя мнѣ благодѣянія и всеблагое промышленіе о мнѣ грѣшно(мъ/й).

СОГРѢШИЛ(Ъ/А):

- | | |
|--|--------------------------|
| - празднословіемъ | - осужденіемъ |
| - непокорствомъ | - гордостію |
| - немилосердіемъ | - завистію |
| - гнѣвомъ | - оклеветаніемъ |
| - сквернословіемъ | - невниманіемъ |
| - нерадѣніемъ о своемъ спасеніи | |
| - небреженіемъ | - безпечностію |
| - дерзостію | - раздражительностію |
| - уныніемъ | - воздаяніемъ зла за зло |
| - ожесточеніемъ | - преслушаніемъ |
| - роптаніемъ | - самооправданіемъ |
| - прекословіемъ | - своеволіемъ |
| - укореніемъ | - злорѣчіемъ |
| - ложью | - смѣхомъ |
| - соблазномъ | - самолюбіемъ |
| - честолюбіемъ | - чревоугодіемъ |
| - излишествомъ въ пищѣ и питіи | |
| - тщеславіемъ | - лѣностію |
| - принятіемъ нечистыхъ помысловъ | |
| - многоспаніемъ | - многостяжаніемъ |
| - нечистымъ воззрѣніемъ | |
| - опущеніемъ службы Божіей по лѣности и небреженію | |
| - разсѣянностію на молитвѣ церковной и домашней | |

дѣломъ, словомъ, помышленіемъ, зрѣніемъ, слухомъ, обоняніемъ, вкусомъ, осязаніемъ и прочими моими чувствами душевными и тѣлесными, во всѣхъ моихъ согрѣшеніяхъ каюсь и прошу прощенія.

(Здѣсь нужно сказать и иные грѣхи, которые имѣешь на душѣ.)

Еще каюсь и прошу прощенія во всемъ томъ, что по множеству грѣховъ и забвенію не исповѣдал(ъ/а).

Прости и разрѣши мя, отче честный, и благослови приобщиться Святыхъ и Животворящихъ Христовыхъ Таинъ во оставленіе грѣховъ и въ жизнь вѣчную. **Аминь.**

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 | |
| - excessive sleeping | - 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.**