



Litany of Repentance

In Preparation for the
Sacrament of Confession

The following litanies seek to invite us to look a little deeper into our heart. As the litany proceeds we move from external behaviors, to interior dispositions and drives, as well as sins of omission. .

LITANIES OF REPENTANCE

In reparation for sins against justice
In reparation for sins against modesty.
In reparation for sins against purity.
In reparation for sins against truth.
In reparation for all sins against the human person.
In reparation for sins against children and the young.
In reparation for sins against the innocent and trusting.
In reparation for sins against the frail and elderly.
In reparation for sins against the unborn and infants.
In reparation for sins against the weak and powerless.
In reparation for sins against immigrants and strangers.
In reparation for sins against the poor and disadvantaged.
In reparation for sins against the sanctity of marriage.
In reparation for sins against the sanctity of the family.
In reparation for sins against the sanctity of the priesthood.
In reparation for sins against the sanctity of consecrated life.

For our failure to give witness to Christ as we ought.
For our failure to submit our will to God.
For our failure to give good example to others.
For our failure to seek God above all things.
For our failure to act justly.
For our failure to show mercy.
For our failure to repent of our sins.
For our failure to obey the commandments of the gospel.
For our failure to curb our earthly desires.
For our failure to lead a holy life.
For our failure to speak the truth.
For our failure to stand up against injustice.
For our failure to live chastely.
For our failure to show compassion for the suffering.
For our failure to guide sinners to repentance.
For our failure to pray for others.
For our failure to assist those in need.
For our failure to console the grieving.
For our failure to forgive others.
For our failure to encourage those who are weak in faith.
For our failure to endure the trials of life patiently.
For our failure to visit the sick.
For our failure to love as we ought.
For our failure to practice our faith with zeal.
For our failure to work for the unity of peoples and nations.
For our failure to promote peace and reconciliation.
For our failure to seek forgiveness for our sins.
For our failure to be generous with our goods.

For sins committed out of fear.
For sins committed out of indifference.
For sins committed out of contempt.
For sins committed out of impurity.
For sins committed out of hatred.
For sins committed out of laziness.
For sins committed out of cowardice.
For sins committed out of anger.
For sins committed out of greed.
For sins committed out of jealousy.
For sins committed out of revenge.
For sins committed out of disobedience.
For sins committed out of hard-heartedness.
For sins committed out of pride.
For sins committed out of envy.
For sins committed out of stinginess.
For sins committed out of selfishness.
For sins committed out of pettiness.
For sins committed out of spite.
For sins committed out of self-indulgence.
For sins committed out of lust.
For sins committed out of careless neglect.
For sins committed out of prejudice.

Because I am obnoxious, forgive me Lord.
Because I am dishonest, forgive me Lord.
Because I am egotistical, forgive me Lord.
Because I am undisciplined, forgive me Lord.
Because I am weak, forgive me Lord.
Because I am impure, forgive me Lord.
Because I am arrogant, forgive me Lord.
Because I am self-centered, forgive me Lord.
Because I am pompous, forgive me Lord.
Because I am insincere, forgive me Lord.
Because I am unchaste, forgive me Lord.
Because I am grasping, forgive me Lord.
Because I am judgmental, forgive me Lord.
Because I am impatient, forgive me Lord.
Because I am shallow, forgive me Lord.
Because I am inconsistent, forgive me Lord.
Because I am unfaithful, forgive me Lord.
Because I am immoral, forgive me Lord.
Because I am ungrateful, forgive me Lord.
Because I am disobedient, forgive me Lord.
Because I am selfish, forgive me Lord.
Because I am lukewarm, forgive me Lord.
Because I am slothful, forgive me Lord.
Because I am unloving, forgive me Lord.
Because I am uncommitted, forgive me Lord.
Because I am sinful, forgive me Lord.
Because I am loved by You, thank you Lord!

I have been unfaithful
I have been unworthy
I have been unrighteous
And I have been unmerciful
I have been unreachable
I have been unteachable
I have been unwilling
And I have been undesirable

Sometimes I have unwise
I've been undone by what I'm unsure of
But because of You
And all that You went through
I know that I have never been unloved

I have been unbroken
I have been unmended
I have been uneasy
And I've been unapproachable
I've been unemotional
I've been unexceptional
I've been undecided
And I have been unqualified

Unaware, I have been unfair
I've been unfit for blessings from above
But even I can see
The sacrifice You made for me
To show that I have never been unloved

It's because of You
And all that You went through
I know that I have never been unloved

An Act of Contrition:

O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life.