

A Prayer before the Examination of Conscience

Most merciful God,
Father in heaven,
relying on Thy goodness and mercy,
I come to Thee with filial confidence
to confess my sins and to implore Thy forgiveness.
Thou wilt not despise a contrite and humble heart.
Bless me and receive me again into Thy favor;
I acknowledge that I have been most ungrateful to Thee,
but I sincerely repent and detest the wrong I have done,
and I desire henceforth to walk in the way of perfection
in accordance with Thy holy will.

O Jesus, my Savior, my [good](#) Shepherd,
I have strayed far from the path
that Thou hast marked out for me;
I did not follow in Thy footsteps;
I wandered into forbidden places.
Repentant and sorrowful,
I beg to be admitted again into the fold of Thy faithful
followers.
I want to confess my sins with the same sincerity
as I should wish to do at the moment of my death.
My Jesus, I look to Thee with confidence
for the [grace](#) to examine my [conscience](#) well.

O [Holy Spirit](#) come in Thy mercy;
enlighten my [mind](#) and strengthen my [will](#)
that I may know my sins,
humbly confess them,
and sincerely amend my life.

Mary, my Mother,
immaculate Spouse of the Holy Ghost,
refuge of sinners,
assist me by thy intercession.

Holy [angels](#) and saints of God,
pray for me.

Amen.