

Questions to consider before coming to Confession

Am I prideful? Do I think myself better than other people? Do I lack humility befitting a creature of God?

Am I greedy? Do I value money and other earthly possessions beyond their true worth? Do I use my money and other possessions to help others or only to serve my own needs?

Am I lustful? Do I value and seek out physical pleasure in inappropriate ways? Do I make the effort to live a pure and holy life?

Am I angry? Am I easily irritated and lack self-control? Do I make the effort to be gentle and peaceful, even when I have legitimate concerns to express?

Am I gluttonous? Do I eat and drink too much? Do I make an effort to be temperate in this regard, using the traditional fasting disciplines of the Church as guidelines?

Am I envious? Do I covet other people's happiness and blessings or do I rejoice on their behalf?

Am I slothful? Do I give in to laziness and fail, therefore, to love God through diligent service to others?

Finally, is there one particular sin (vice, tendency, predisposition, propensity, failing, lack, trespass, indulgence, excess, immoderation, transgression, weakness, flaw, fault, limitation, etc.) that especially and particularly cripples me in my attempts to be a strong and healthy servant of God, my Heavenly Father? What is the virtue that I wish to develop in coming days that will most help heal this deficiency, not by my strength, but by the grace and with the help of God? What are some of the means by which I might practice that virtue in a real, concrete, and meaningful way?

A BRIEF RULE OF PRAYER

Opening Blessing

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

Glorification of God

Glory to You, O God, Glory to You.

Invocation of the Holy Spirit

O Heavenly King, the Comforter, the Spirit of Truth, who art everywhere and fillest all things, Treasury of Blessings, and Giver of Life: Come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Trisagion (Thrice Holy) Prayers

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (*3 times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O most Holy Trinity have mercy on us. O Lord, cleanse us from our sins. O Master, pardon our transgressions. O Holy One, visit and heal our infirmities, for Your Name's sake.

Lord have mercy. Lord have mercy. Lord have mercy.

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

The Lord's Prayer

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 evil. Amen.

Lord Have Mercy

Lord have mercy. (*12 times*)

Glory to the Father, and to the Son, and to the Holy Spirit, now and ever and unto ages of ages. Amen.

Call to Worship

O come, let us worship God, our King. O come, let us worship and fall down before Christ, our King and our God. O come, let us worship and fall down before Christ Himself, our King and our God.

Psalmody

(*Psalm 50/51, Revised Standard Version*) Have mercy on me, O God, according to Your steadfast love; according to Your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against You, You only, have I sinned, and done that which is evil in Your sight, so that You are justified in Your sentence and blameless in Your judgment. Behold, I was brought forth in iniquity, and in sins did my mother conceive me. Behold, You desire truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Fill me with joy and gladness; let the bones which You have broken rejoice. Hide Your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and put a new and right spirit within me. Cast me not away from Your presence, and take not Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me with a willing spirit. Then I will teach transgressors Your ways, and sinners will return to You. Deliver me from bloodguiltiness, O God, the God of my salvation, and my tongue will sing aloud of Your deliverance. O Lord, open my lips, and my mouth shall show forth Your praise. For You have no delight in sacrifice; were I to give a burnt offering, You would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, You will not despise. Do good to Zion in Your good pleasure; rebuild the walls of Jerusalem, then You will delight in a sacrifice of righteousness, in burnt offerings and whole burnt offerings; then bulls will be offered on Your altar.

The Nicene-Constantinopolitan 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 ages. Light of Light; true God of true 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 He was crucified for us under Pontius Pilate, and suffered, and was buried. And the third day He rose again, 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 in the Holy Spirit, the Lord, the 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. 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.

The Jesus Prayer

O Lord Jesus Christ, Son of God, have mercy on me a sinner.

Intercessions

O Holy Saint *NAME*, my heavenly patron, pray to God for me.

Remember, O Lord, all those in need of Your mercy and help, especially *NAMES*.

Remember O Lord, all those who have fallen asleep in the Lord in the hope of resurrection and eternal life, especially *NAMES*.

Hymn to the Theotokos

It is truly meet to bless you O Theotokos, ever blessed and most pure and the Mother of our God, more honorable than the Cherubim and more glorious beyond compare than the Seraphim, without defilement you gave birth to God the Word, true Theotokos we magnify you.

Dismissal

Through the prayers of our Holy Fathers, O Lord Jesus Christ, our God, have mercy on us and save us. Amen.