



Orthodox Prayers of Repentance



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THE PRODIGAL SON (Kontakion, tone 3)

Having foolishly abandoned Thy paternal glory, I have squandered on vices the wealth Thou gavest me. Therefore I cry to Thee, O compassionate Father, receive me who repent, and treat me as one of Thy hired servants.

Prayer of Manasseh

O Lord Almighty, God of our ancestors Abraham, Isaac, and Jacob, and their righteous descendants, you who created heaven and earth with all their orderly arrangement, who shackled the sea by the word of your command, who closed up the abyss and sealed it by your awesome and glorious name; at whose power all things shudder and tremble, for your glorious magnificence is unbearable, and the wrath of your threat against sinners cannot be resisted. Yet your promised mercy cannot be measured or scrutinized. For you are the Lord Most High, compassionate, longsuffering, and extremely merciful, and relenting at human misfortunes. Therefore, O Lord God of the righteous, you have not appointed repentance for the righteous, such as Abraham, Isaac, and Jacob who have not sinned against you, but you have appointed repentance to me a sinner. Because my sins outnumber the sand of the sea; my lawless acts have increased, O Lord, they have increased, and I am not worthy to gaze upon or to see the height of heaven due to the multitude of my unrighteous acts. I am bent over by the weight of many an iron bond; consequently I am ready to give up because of my sins. I have no rest, because I have provoked your wrath and have committed evil in your sight, erecting abominations and increasing the number of idols. So now I bow, begging for your kindness. I have sinned, O Lord, I have sinned, and I fully recognize my lawless acts. I sincerely beseech you: forgive me, O Lord, forgive me! Please do not destroy me along with my lawless acts! Do not bear a grudge forever against me and thereby store up calamities for me. Do not sentence me to the lowest parts of the earth. For you, O Lord, are the God of those who repent. May you demonstrate your goodness in me. For although I am unworthy you will deliver me by your great mercy. And I will praise you continually all the days of my life. For all the powers of heaven sing praises to you. And yours is the glory forever. Amen.

Prayer for Repentance 1

God, my good and loving Lord, I acknowledge all the sins which I have committed every day in my life, whether in thought, word or deed. I ask for forgiveness from the depths of my heart for offending You and others and repent of my old ways. Help me by Your grace to change, to sin no more and to walk in the way of righteousness and to praise and glorify Your Name, Father, Son and Holy Spirit. Amen. O Lord my God, I confess that I have sinned against You in thought, word and deed. I have also omitted to do what Your holy law requires of me. But now with repentance and contrition I turn again to Your love and mercy. I entreat You to forgive me all my transgressions and to cleanse me from all my sins. Lord, fill my heart with the light of Your truth. Strengthen my will by Your grace. Teach me both to desire and to do only what pleases You. Amen.

Prayer Of Repentance 2

God, You do not deny Your mercy to the sinners who call upon You. By Your compassion spare us from punishments and the rods of wrath. To praise You for Your mercy, grant us joyful months and prosperous years. By glorious sign of Your cross guard us from the evil. Lord, may we not be silent from praising you and withdrawn from glorifying You. Lord, do not judge us according to Your righteousness. We confess that we are sinners. If You judge us according to our sins, we cannot hope eternal life and cannot plead before You and shall inherit fiery-hell. Therefore, according to Your mercy pardon and forgive our sins.

Lord, when You judge us, let our sins not conceal us. When the righteous garb in glory, may we not be naked at the judgment. We confess that we have fallen in sin, extend Your hand unto us that we may stand again. O compassionate One, who opens the door to all those who repent, have mercy on us as You forgave the thief on Cross at Your side. Amen.

A Prayer for Forgiveness (in the night time)

O Lord our God, if during this day I have sinned, whether in word or deed or thought, forgive me all, for thou art good and lovest mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify thee; for thou art blessed: with thine Only-begotten Son and thine All-holy Spirit: now and ever, and unto ages of ages. Amen.

Daily Confession of Sins

I confess to Thee, my Lord, God and Creator, to the One glorified and worshipped in Holy Trinity, to the Father, Son and Holy Spirit, all my sins which I have committed all the days of my life, at every hour, in the present and in the past, day and night, in thought, word and

deed; by gluttony, drunkenness, secret eating, idle talking, despondency, indolence, contradiction, neglect, aggressiveness, self love, hoarding, stealing, lying, dishonesty, curiosity, jealousy, envy, anger, resentment, and remembering wrongs, hatred, mercenariness; and by all my senses: sight, hearing, smell, taste, touch; and all other sins, spiritual and bodily, through which I have angered Thee, my God and Creator, and caused injustice to my neighbours. Sorrowing for this, but determined to repent, I stand guilty before Thee, my God. Only help me, my Lord and God, I humbly pray Thee with tears. Forgive my past sins by Thy mercy, and absolve me from all I have confessed in Thy presence, for Thou art good and the Lover of men. Amen.

Psalm 50

Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from mine iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me. Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. Behold, I was shapen in iniquity; and in sin did my mother conceive me. Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom. Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. Hide thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee. Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. O Lord, open thou my lips; and my mouth shall shew forth thy praise. For thou desirest not sacrifice; else would I give it : thou delightest not in burnt offering. The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise. Do good in thy good pleasure unto Zion: build thou the walls of Jerusalem. Then shalt thou be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering: then shall they offer bullocks upon thine altar.

The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me, a sinner. (*a hundred times*)

Prayer to our Lord Jesus Christ

Lord Christ our God, Who hast healed my passions through Thy Passion, and hast cured my wounds through Thy wounds, grant me who have sinned greatly against Thee tears of compunction. Transform my body with the fragrance of Thy life-giving Body, and sweeten

my soul with Thy Holy Blood from the bitterness with which the foe has fed me. Lift up my downward looking mind to Thee, and take it out of the pit of perdition, for I have no repentance, I have no compunction, I have no consoling tears, which uplift children to their heritage. My mind has been darkened through earthly passions, I cannot look up to Thee in pain. I cannot warm myself with tears of love for Thee. But, O Lord Jesus Christ, Treasury of good gifts, give me thorough repentance and a diligent heart to seek Thee; grant me Thy grace, and renew in me the lineaments of Thy image. I have forsaken Thee - do not forsake me! Come out to seek me; lead me up to Thy pasturage and number me among the lambs of Thy chosen flock. Nourish me with them on the grass of Thy Holy Mysteries, by the prayers of Thy Most Pure Mother and all Thy saints. Amen.

Prayer to the Most Holy Mother of God

Accept from us thy unworthy servants, O all-powerful for good, immaculate, Sovereign Lady, Mother of God, these honorable gifts, which can be offered only to thee, who art the one chosen out of all generations, and who hast become higher than all creation, heavenly and earthly. For through thee the Lord of Powers was with us, and through thee we came to know the Son of God, and were granted His holy Body and most pure Blood. Therefore thou art blessed by all generations, the Favourite of God, more radiant than the Cherubim, and more honorable than the Seraphim. And now, O all-hymned, most holy Mother of God, cease not to pray for us, thy unworthy servants, to be delivered from every snare of the subtle one, and from all besetting sins, and preserve us unharmed from every poisonous temptation of the devil. But preserve us to the end uncondemned by thy prayers; for saved by thy help and protection, we send up glory, praise, thanksgiving and adoration for all, to the One God, in Trinity and Creator of all, now and ever, and to the ages of ages. Amen.

Prayer to the Holy Guardian Angel

Holy Angel of Christ, I fall down and pray to thee, my holy Guardian, given me from holy Baptism for the protection of my sinful body and soul. By my laziness and bad habits, I have angered thy most pure light, and have driven thee away from me by all my shameful deeds, lies, slanders, envy, condemnation, scorn, disobedience, brotherly-hatred, grudges, love of money, adultery, anger, meanness, greed, excess, talkativeness, negative and evil thoughts, proud ways, dissolute madness, having self-will in all the desires of the flesh. O my evil will, which even the dumb animals do not follow! How canst thou look at me or approach me who am like a stinking dog? With what eyes, O Angel of Christ, wilt thou look at me so badly snared in evil deeds? How can I ask forgiveness for my bitter, evil and wicked deeds, into which I fall every day and night, and every hour? But I fall down and pray, O my holy Guardian: pity me, thy sinful and unworthy servant (*Name*). Be my helper and protector against my wicked enemy, by thy holy prayers, and make me a partaker of the Kingdom of God with all the Saints, always, now and ever, and to the ages of ages. Amen.

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Lenten prayer of Nersess the Gracious

1. I confess with faith and adore , Father, Son, and Holy Spirit, uncreated and immortal essence, creator of angels, of humans, and of all that exists. *Have mercy upon Thy Creatures and upon me, a great sinner.*
2. I confess with faith and adore Thee, O Light indivisible, consubstantial Holy Trinity and one Godhead, creator of light and dispeller of darkness. Dispel from my soul the darkness of sin and ignorance, and at this hour enlighten my mind, that I may pray to Thee according to Thy will, and receive from Thee the fulfillment of my supplications. *Have mercy upon Thy Creatures and upon me, a great sinner.*
3. Heavenly Father, true God, who sent Thy beloved Son to seek the wandering sheep, I have sinned against heaven and before Thee; receive me like the Prodigal Son, and clothe me with the garment of innocence, of which I was deprived by sin. *Have mercy upon Thy Creatures and upon me, a great sinner.*
4. Son of God, true God, who descended from the bosom of the Father, and took flesh of the Holy Virgin Mary for our salvation, who was crucified and buried, and rose from the dead, and ascended to the Father, I have sinned against Heaven and before Thee; remember me like the robber, when Thou comest into Thy kingdom. *Have mercy upon Thy Creatures and upon me, a great sinner.*
5. Spirit of God, true God, who descended into the Jordan and into the upper chamber, and who enlightened me by baptism in the holy font, I have sinned against Heaven and before Thee; cleanse me with Thy divine fire as Thou didst purify the holy Apostles with fiery tongues. *Have mercy upon Thy Creatures and upon me, a great sinner.*
6. Uncreated Essence, I have sinned against Thee in mind, soul and body; do not remember my former sins for the sake of Thy Holy name. *Have mercy upon Thy Creatures and upon me, a great sinner.*
7. Beholder of all, I have sinned against Thee, in thought, word and deed; erase the record of my offences, and write my name in the Book of Life. *Have mercy upon Thy Creatures and upon me, a great sinner.*
8. Searcher of secrets, I have sinned against Thee willingly and unwillingly, knowingly and unknowingly, grant me —a great sinner— forgiveness, for since I was born of the holy font until this day I have sinned before Thee, by my senses, and by all the members of my body. *Have mercy upon Thy Creatures and upon me, a great sinner.*
9. All provident Lord, place Thy holy fear as a guard before my eyes so they may not look lustfully; before my ears so that they may not delight in hearing evil words; before my mouth so that it may not speak any falsehoods; before my heart so that it may not think evil; before my hands so that they may not do injustice; before my feet, that they may not walk in

the paths of injustice; but so direct them, that they may always be according to all Thy commandments. *Have mercy upon Thy Creatures and upon me, a great sinner.*

10. Christ, who are the Living Fire, inflame my soul with the fire of Thy love, which Thou didst send forth upon the earth, that it may burn the stains of my soul, sanctify my conscience, purge the sins of my body, and kindle in my heart the light of Thy knowledge. *Have mercy upon Thy Creatures and upon me, a great sinner.*

11. Jesus, wisdom of the Father, grant me wisdom, that I may always think, speak, and do that which is good in Thy sight; save me from evil thoughts, words and deeds. *Have mercy upon Thy Creatures and upon me, a great sinner.*

12. Lord, who wills that which is good, and are the director of the will, let me not follow the inclinations of my heart, but lead me to live always according to Thy good will. *Have mercy upon Thy Creatures and upon me, a great sinner.*

13. Heavenly King, grant me Thy kingdom, which Thou hast promised to Thy beloved; strengthen my heart to hate sin, and to love Thee alone, and to do Thy will. *Have mercy upon Thy Creatures and upon me, a great sinner.*

14. Protector of Thy creatures, by the sign of Thy cross keep my soul and body from the allurements of sin, from the temptations of the devil and unjust people, and from all perils of soul and body. *Have mercy upon Thy Creatures and upon me, a great sinner.*

15. Christ, the guardian of all, let Thy Right Hand guard and shelter me by day and by night, while at home and while away, while sleeping and while awake, that I may never fall. *Have mercy upon Thy Creatures and upon me, a great sinner.*

16. my God, who opens Thy hand and fills all things living with Thy bounty, to Thee I commit my soul; do care for me and provide for the needs of my body and soul forever. *Have mercy upon Thy Creatures and upon me, a great sinner.*

17. Thou who didst bring back the wanderers, turn me from my evil ways to good ones and imprint upon my soul the recollection of the dreadful day of death, the fear of hell and the love of Thy Kingdom that I may repent of my sins and do righteousness. *Have mercy upon Thy Creatures and upon me, a great sinner.*

18. Fountain of immortality, make the tears of repentance flow from my heart, like those of the adulteress, that I may wash away the sins of my soul before I depart from this world. *Have mercy upon Thy Creatures and upon me, a great sinner.*

19. Bestower of mercy, grant that I may come to Thee with true faith, with good works and by the communion of Thy Holy Body and Blood. *Have mercy upon Thy Creatures and upon me, a great sinner.*

20. Beneficent Lord, commit me to a good angel, that I may deliver up my spirit in peace; convey it undisturbed by the malice of evil spirits that are under the heavens. *Have mercy upon Thy Creatures and upon me, a great sinner.*

21. Christ, True Light, make my soul worthy to behold with joy the light of Thy glory, in that day when Thou callest me and to rest in the hope of good things in the mansions of the

just until the day of Thy glorious coming. *Have mercy upon Thy Creatures and upon me, a great sinner.*

22. Righteous Judge, when Thou comest in the glory of the Father to judge the living and the dead, enter not into judgement with Thy servant, but deliver me from the eternal fire, and make me worthy to hear the blissful call of the just to Thy heavenly kingdom. *Have mercy upon Thy Creatures and upon me, a great sinner.*

23. All-merciful Lord, have mercy upon all Thy faithful, on those who are mine and on those who are strangers; on those whom I know and on those whom I know not; on the living and on the dead; and forgive all my enemies, and those who hate me, the trespasses that they have committed against me; turn them from the malice which they bear towards me, that they may be worthy of Thy mercy. *Have mercy upon Thy Creatures and upon me, a great sinner.*

24. Glorified Lord, accept the supplications of Thy servant, and graciously fulfill my petitions, through the intercession of the Holy Mother of God, John the Baptist, the first martyr St. Stephen, St. Gregory our Illuminator, the Holy Apostles, Prophets, Divines, Martyrs, Patriarchs, Hermits, Virgins and all Thy saints in Heaven and on Earth. And unto Thee, O indivisible Holy Trinity, be glory and worship forever and ever. Amen.

Nersess the Gracious (1100-1173) is revered by the Armenian Orthodox Church as a saint.

<http://www.orthodox.net/trebnic/of-nersess-the-gracious-a-lenten-prayer.html>

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Psalm 37

Lord, rebuke me not in your anger, nor chasten me in your wrath. For your arrows pierce me deeply, and your hand presses me down. There is no health in my flesh because of your anger, nor is there any health in my bones because of my sins. For my iniquities have risen higher than my head, like a heavy burden they have pressed heavily upon me. My wounds are foul and festering because of my foolishness. I am troubled bowed down greatly, I go mourning all the day long. For my loins are filled with mockings, and there is no healing in my flesh. I am afflicted and exceedingly humbled, I have roared from the groaning of my heart. Lord, all my desire is before you; and my sighing is not hidden from you. My heart is troubled, and my strength has failed me; and the light of my eyes, it also has gone from me. My friends and neighbours drew near me and stood against me. And my kinsmen stood afar off. Those who sought my soul used violence; those who sought evil for me spoke vain things and meditated eception all day long. But I became like a deaf man who does not hear; and I am like a mute who does not open his mouth. Thus I am like a man who does not hear, and in whose mouth there is no response. For in you, Lord have I hope, you will hear me,

Lord my God. For I said, never let my enemies rejoice over me, and when my feet are shaken, they magnify themselves against me. For I am ready for scourges, and my sorrow is continually before me. For I will declare my iniquity, and I will be in anguish over my sin. But my enemies live and become stronger than me, and those who hate me unjustly have multiplied. Those who render evil for good slandered me because I pursued goodness. Do not forsake me, Lord, my God, be not far from me. Make haste to help me, Lord of my salvation.

Holy angel, attendant of my wretched soul...

Holy angel, attendant of my wretched soul and miserable life, do not abandon me a sinner, neither desert me because of my incontinency. Give no place to the evil demon to subdue me with the oppression of this mortal body, but take me by my wretched and outstretched hand, and lead me in the way of salvation. Yes, Holy Angel of God, the guardian and protector of my hapless soul and body, forgive me all things whatsoever wherewith I have troubled you, all the days of my life, and if I have sinned in anything this day. Shelter me in this present night, and keep me from every abuse of the adversary, that I may not anger God by any sin, and intercede with the Lord in my behalf, that he might strengthen me in the fear of Him, and make me a worthy servant of His goodness. Amen.



Help me, Mother of our God, hope of all the hopeless!

It is truly meet to call thee blest, the Theotokos, the ever blessed and all immaculate and Mother of our God. More honourable than the Cherubim, and beyond compare more glorious than the Seraphim, thee who without corruption gavest birth to God the Word, the very Theotokos, thee do we magnify.

Higher than the heavens above art thou, and thou art much purer than the radiance of the sun, for thou hast redeemed us out of the curse that hast held us. O Mistress of creation with hymns we honour thee.

From the great abundance of all my sins, ill am I in body, ailing also am I in soul. Thee have I as refuge, do thou, therefore, help me, O hope of all the hopeless, for thou art full of grace.

O Lady and Mother of Christ our God, Recieve supplication from us wretches who beg of thee that thou make entreaty unto the One born from thee, O Mistress of creation, do thou intercede for us.

Now we chant with eagerness unto thee with this ode most joyful, O all-hymned Mother of our God, together with the Baptist and all the saintly choirs, beseech, O Theotokos, that we find clemency.

Speechless be the lips of the impious who refuse to reverence thy revered icon which is known by the name Directress, and which hath been depicted for us by the Apostle Luke the Evangelist.