

CONFESSION (Short Form)

Preparation While Waiting

While the penitent is waiting for the priest to hear his confession, the penitent quietly says the Trisagion Prayers and Psalm 50, if he has time, and then may quietly repeat:

I have sinned, O Lord; forgive me, O God, be gracious unto me a sinner.

Penitent's Prayer

When the penitent's turn comes, he goes forward to the proper place, makes the sign of the cross with the priest, and kisses the icon or Gospel Book, whichever is present, then:

O Father, Lord of heaven and earth, I confess to Thee all the hidden and open sins of my heart and mind, which I have committed unto this present day; wherefore I beg of Thee, the righteous and compassionate Judge, remission of sins and grace to sin no more.

Confession of Sins

Priest: My *brother*, inasmuch as you have come to God, and to me: be not ashamed, for you speak not to me, but to God, before whom you stand.

Then the penitent recounts his sins to the priest as simply and accurately as possible, holding back nothing intentionally, but trusting always in the mercy of God.

Absolution

If able, the penitent kneels for the absolution as the priest place his epitrachelion (stole) over his head:

Priest: My spiritual child, who has confessed to my humble self, I, humble and a sinner, have not power on earth to forgive sins, but God alone; yet through that divinely spoken word which came to the Apostles after the Resurrection of our Lord Jesus Christ, saying: “Whosoever sins you remit, they are remitted, and whosoever sins you retain, they are retained”, we too are emboldened to say: Whatsoever you have said to my humble self, and whatsoever you have not succeeded in saying, either through ignorance, or through forgetfulness, whatever it may be: God forgive you in this present world, and in that which is to come.

God it was who forgave David through Nathan the Prophet, when he confessed his sins, and Peter weeping bitterly for his denial, and the sinful woman in tears at his feet, and the Publican, and the Prodigal Son . . .

Sign of the Cross over head of penitent, continuing:

. . . May that same God forgive you all things, through me a sinner, both in this present world, and in that which is to come, and set you uncondemned before His dread Judgment Seat.

And now, having no further care for the sins which you have declared, depart in peace.

The penitent stands and receives the blessing of the priest:

Priest: May Christ our true God, through the prayers of His most holy Mother and of all the saints, have mercy upon us and save us, forasmuch as He is good and loveth mankind.