

Repentance

Priest: Blessed be our God at all times, now and for ever and ever.

All: Amen.

Glory be to You, our God, glory be to You!

Heavenly King, Advocate, Spirit of Truth, Who are everywhere present and fill all things, Treasury of Blessings, Bestower of Life, come, and dwell with us; cleanse us of all that defiles us, and O Good One, save our souls.

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

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Trinity most holy, have mercy on us. Cleanse us of our sins, O Lord; pardon our transgressions, O Master; look upon our weaknesses and heal them, O Holy One; for the sake of Your Name.

Lord, have mercy. (3)

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Our Father, Who art in heaven, hallowed by 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.

Priest: For the Kingdom, the power and the glory are Yours, Father, Son and Holy Spirit, now and for ever and ever.

All: Amen.

Lord, have mercy. (12)

Glory be to the Father and to the Son and to the Holy Spirit, now and for ever and ever. Amen.

Come, let us worship our God and King.

Come, let us worship Christ, our God and King.

Come, let us worship and fall down before the very same Lord Jesus Christ, our God and King.

PSALM 50

Have mercy on me, God, in your kindness* In your compassion blot out my offence. • O wash me more and more from my guilt* and cleanse me from my sin. • My offences truly I know them;* my sin is always before me. • Against you, you alone, have I sinned;* what is evil in your sight I have done. • That you may be justified when you give sentence* and be without reproach when you judge. • O see, in iniquities was I born,* a sinner was I conceived. • Indeed you love truth in the heart;* then in the secret of my heart teach me wisdom. • O purify me, then I shall be clean;* O wash me, I shall be whiter than snow. • Make me hear rejoicing and gladness,* that the bones you have crushed may thrill. • From my sins turn away your face* and blot out all my guilt. • A pure heart create for me, O God,* put a steadfast spirit within me. • Do not cast me away from your presence,* nor deprive me of your holy Spirit. • Give me again the joy of your salvation,* with a spirit of fervour sustain me,* that I may teach transgressors your ways* and sinners may return to you. • O rescue me, God, my helper,* and my tongue shall ring out your goodness. • O Lord, open my lips* and my mouth shall declare your praise. • For in sacrifice you take no delight,* burnt offering from me you would refuse,* my sacrifice, a contrite spirit.* A humbled, contrite heart you will not spurn. • In your goodness, show favour to Zion;* rebuild the walls of Jerusalem. • Then you will be pleased with lawful sacrifice,* (burnt offerings wholly consumed),* then you will be offered young bulls on your altar.

TROPARIA

(Tone 6) Have mercy on us, O Lord, have mercy on us.* We sinners bring this appeal to You, O Master, for we have no defence.* Have mercy on us.

Glory to the Father and to the Son and to the Holy Spirit.

Lord, have mercy on us, for we have put our trust in You.* Be not exceedingly angry with us and do not remember our transgressions,* but look upon us now with compassion.* Redeem us from our enemies, for You are our God, and we are Your people.* We are all the works of Your hands,* and we call upon Your name.

Now and for ever and ever. Amen.

Open the doors of mercy to us, O blessed Mother of God,* that we who hope in you may not perish* but be delivered by you from danger,* for you are the salvation of the Christian people.

LITANY

Deacon: In peace let us pray to the Lord.

All: Lord, have mercy.

Deacon: For the peace from above; for the salvation of our souls; let us pray to the Lord.

All: Lord, have mercy.

Deacon: For the remission of sins of the servants of God, and the forgiveness of all their transgressions, voluntary and involuntary; let us pray to the Lord.

All: Lord, have mercy.

Deacon: That the Lord our God may grant them remission of sins and time for repentance; let us pray to the Lord.

All: Lord, have mercy.

Deacon: That He will deliver them and us from all tribulation, wrath, danger and need; let us pray to the Lord.

All: Lord, have mercy.

Deacon: Help and save, have mercy and protect us, O God, by Your grace.

All: Lord, have mercy.

Deacon: Remembering our most holy and immaculate, most blessed and glorious Lady, the Mother of God and ever-virgin Mary, together with all the Saints, let us commend ourselves and one another and our whole life to Christ our God.

All: To You, O Lord.

Priest: For all glory, honour and worship befit You, Father, Son, and Holy Spirit, now and for ever and ever.

All: Amen.

Deacon: Let us pray to the Lord.

All: Lord, have mercy.

Priest: O God, our Saviour, Who through Your prophet Nathan granted remission of sins to the penitent David, and accepted the penitent prayer of Manasseh, do You Yourself, O loving Lord, accept these Your servants who lament over the transgressions which they have committed, overlooking all that they have done. You who forgive all unrighteousness and pass by all transgressions: for You, O Lord, have said, "You have no pleasure in the death of a sinner, but rather he turn from his wickedness and live;" and that "sins shall be forgiven even unto seventy times seven." For as Your greatness is incomparable, so is Your mercy immeasurable. For if You should mark iniquities, who shall stand? For You are the God of the penitent and to You do we send up glory: to the Father, and to the Son, and to the Holy Spirit, now and for ever and ever.

All: Amen.

Deacon: Let us pray to the Lord.

All: Lord, have mercy.

Priest: O Lord Jesus Christ, Son of the Living God, the Shepherd, the Lamb that takes away the sins of the world, Who gave remittance to the two debtors and granted pardon of her sins to the Harlot, You Yourself, O Master, remit, forgive and pardon the sins, transgressions, which, in knowledge or in ignorance Your servants have committed. And whatever they have done, as men bearing flesh and living in this world, being beguiled by the Devil; if in word, deed, or thought they have sinned, or despised the word of a Priest; or, under his anathema, or have fallen under their own anathema, or are bound under an oath, You, as the good Master Who do not requite evil, be pleased that these Your servants be loosed by Your word, forgiving them their own anathema and oath, according to Your great mercy. Yes, O Master, loving Lord, listen to our prayer beseeching Your Grace for these Your servants: and, as our most merciful God, overlook all their offenses and deliver them from everlasting torment, for You, O Master, have said, "Whatsoever You shall bind on earth shall be bound in Heaven, and whatsoever you shall loose on earth shall be loosed in Heaven." For You alone are without sin, and to You do we send up glory; as to Your Eternal Father and Your All-Holy, Good and Life-creating Spirit, now and always, and for ages of ages.

All: Amen.

INSTRUCTION BY THE PRIEST

Behold, my children, Christ stands here invisibly, about to receive your confessions: therefore, do not be ashamed, neither be afraid, but conceal nothing from me your confessor (us, your confessors) without doubting tell me (us) all things which you have done, and thus you shall have pardon from our Lord, Jesus Christ. Look, his holy icon is before us, and I am only a witness (we are only witnesses) bearing testimony before Him of all things which you say to me (us). If, however, you conceal anything from me (us), you shall have an even greater sin. Be careful, then, lest having come to the Physician, you go away unhealed. Concerning all these points just mentioned you must be on your guard. You have received a second baptism, according to the Christian Mystery. You must see to it, with God's help, that you make a good beginning. But, above all, you must not treat these things lightly, lest you become a cause of scorn to men: for these things do not befit a Christian. But may God, by His grace, help you live honourably, uprightly and devoutly.

READING OF THE EXAMINATION OF CONSCIENCE

Deacon: Bowing our heads and bending our knees, let us pray to the Lord.

All: Lord, have mercy.

Priest: O Lord God, the salvation of your servants, gracious, bountiful and long-suffering, who repent concerning our evil deeds, and do not desire the death of a sinner, but rather that he should turn from his wickedness and live: show Your mercy now to Your servants who are about to confess their sins: grant them an image of repentance, forgiveness of sins and deliverance, pardoning their every transgression, whether voluntary or involuntary. Reconcile and unite them to Your holy Church, through Jesus Christ, Our Lord, with whom are also due to You dominion and majesty, now and for ever and ever.

All: Amen.

DISMISSAL

All: It is truly right to bless you, O God-bearing One, as the ever-blessed and immaculate Mother of God. More honourable than the cherubim and by far more glorious than the seraphim; ever a virgin, you gave birth to God the Word, O true Mother of God, we magnify you.

Glory be to the Father, and to the Son, and to the Holy Spirit, now and for ever and ever. Amen. Lord, have mercy.
(3) Give the blessing.

Priest: Christ, our true God, through the prayers of His most pure Mother, of the holy, glorious and all-praiseworthy Apostles, of our venerable and God-bearing Fathers and of all the Saints, will have mercy on us and save us for He is good and the Lover of Mankind.

All: Amen:

The above Penance service was translated from the Malyj Trebnyk and other sources by Archpriest Charles A. Mezzomo, Eparchy of Stamford.

EXAMINATION OF CONSCIENCE

Begin your examination with the time of your last confession. Try to recall whether you omitted anything from fear of embarrassment that needs to be confessed. With the help or the self-examination provided, call to mind all the sin you have committed since your last confession.

THE TEN COMMANDMENTS

1. **Putting God First:** *I am the Lord your God; you shall not have other gods before me.*

Has God been the source, centre and hope of my life? Have I put myself, anyone or anything before God? Have I given to anyone or anything the love, honour and worship that belongs to God alone? Have I made an idol of any person, idea, occupation or thing? Have I failed to trust in God, His love and mercy? Have I failed to pray to God and to worship Him faithfully? Have I been thankful for God's blessings? Have I doubted the Christian faith? Have I tried to serve God and keep His Commandments faithfully? Have I murmured or complained against God in adversities?

2. **Respect for God:** *You shall not take the Name of the Lord your God in vain.*

Do I have a deep and sincere respect for God and His Holy Name? Have I shown disrespect to God, either in word or deed? Have I dishonoured God's Name in any way? Have I sworn a false oath? Have I broken any solemn promise or vow that was done before God? Have I cursed or used foul language?

3. **Respect for the Lord's Day:** *Remember to keep holy the Sabbath day.*

Have I worshiped God faithfully on Sundays and major holy days? Have I helped others to do the same, or have I discouraged them? Have I worked or shopped unnecessarily on Sundays or major holy days? Have I caused others to do so? Have I spent the Lord's Day in wholesome and edifying ways? Have I made time for family and friends?

4. **Respect for Parents and Authority:** *Honour your father and mother.*

Have I loved and respected my parents as I should? Have I neglected them, or failed to help them? Have I disobeyed them, deceived them or caused them pain by my words and deeds? Have I treated my family members with patience and love? Have I respected my teachers, superiors, employers (those who are in authority) as I should? Have I disobeyed or deceived them by my words or deeds? Have I treated fairly all those who have worked for me?

5. Respect for Human Life: *You shall not kill.*

Have I caused the harm, injury or death of anyone? Have I wished my own or anyone's harm or death? Have I caused others to sin? Have I abused my health or the health of others by evil and intemperate living (i.e. drugs, alcohol, etc.)? Have I given way to anger or hatred? Have I failed to forgive anyone or harboured evil thoughts against them? Have I been cruel to anyone? Have I encouraged someone in procuring an abortion? Have I had an abortion?

6. & 9. Respect for Marriage: *You shall not commit adultery. You shall not covet your neighbour's wife.*

Have I committed any sin of lust, alone or with others (masturbation, fornication, adultery)? Have I caused others to commit impure acts? Have I sinned by giving way to impure thoughts, words or conversations? Have I read immoral books or magazines, or delighted in obscenity of any kind? Have I associated with bad company or frequented places of ill-repute? Do I maintain modesty and decency in dress? Have I practiced birth control/contraception?

7. & 10. Respect for Private Property: *You shall not steal. You shall not covet anything that belongs to your neighbour.*

Have I taken or kept anything that was not mine? Have I cheated anyone? Have I caused others to steal or cheat? Have I tried to find the owners of lost things I have found? Have I damaged or destroyed anything that belonged to another? Have I defrauded anyone of their rightful wages? Have I paid my debts? Have I worked honestly and conscientiously for my wages? Did I spend beyond my means? Do I give alms according to my capacity? Have I looked with envy, jealousy or hatred toward the possessions, talents or achievements of others? Have I desired the downfall or loss of others out of evil intent that I might benefit? Have I grieved that God has bestowed greater blessing on others than on me?

8. Respect for Truth: *You shall not bear false witness.*

Have I given false testimony against anyone? Have I spoken evil, told lies, or spread rumours about anyone? Have I unjustly accused someone? Have I disclosed to anyone the sins and faults of another? Have I betrayed the confidence of another? Have I made careless statements or done anything else to harm the good name and reputation of another person? Have I engaged in idle gossip, (discussing that which is doubtful as if it were true), hearsay and backbiting?

THE BEATITUDES

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Have I truly recognized my complete dependence on God? Have I been proud, arrogant and self-righteous? Have I been selfish, greedy, possessive and self-seeking? Have I sought after status, recognition, power, material possessions and wealth?

Blessed are those who mourn, for they shall be comforted.

Have I endured difficulties and afflictions with faith and patience? Do I have compassion for the poor, the hungry, and addicted; the sick the lonely and the sinful of the world? Have I truly been sorrowful for my sins and faults?

Blessed are the meek, for they shall inherit the earth.

Am I gentle with others, or am I harsh in my behaviour? Do I seek to dominate others at home, school, work, office, church and elsewhere? Have I lost my temper? Have I nursed hatred in my heart or the desire for revenge? Have I been impatient, resentful, bitter, unforgiving or insulting and abusive to others? Have I loved my enemies?

Blessed are they who hunger and thirst for righteousness, for they shall be satisfied.

Do I thirst for holiness? Do I truly yearn for God's Will to be done, in my life and in all things? Have I tried to cultivate a righteous and holy life through prayer, fasting, almsgiving, worship, the reading of Holy Scripture, frequent Confession and Communion? Have I been lukewarm in my faith? Have I been lazy, negligent or apathetical?

Blessed are the merciful, for they shall obtain mercy.

Have I been merciful to others? Have I turned away from someone who needed my help? Have I turned my back on someone poor, hungry, rejected, lonely and needy? Have I tried to understand and to forgive others? Have I been indifferent or judgmental?

Blessed are the pure in heart, for they shall see God.

Do I love purity and honesty? Have I been dishonest in my speech or actions? Have the motives or intentions of my actions been evil or selfish? Have I given way to lust, impure thoughts, words or deeds? Have I been guilty of prejudice? Have I been hypocritical, pretentious or self-indulgent to sinful passions?

Blessed are the peacemakers, for they shall be called children of God.

Am I at peace with God? Do I have His peace in my heart? Have I been angry, aggressive or impatient? Do I foster peace at home, work, church and community? Have I been irritable or polemical? Have I caused division and discord? Is my criticism harmful and disruptive, or does it build up others in charity?

Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

Have I complained when persecuted for God's sake? Have I prayed for my enemies? Have I failed to defend people who are fight for fear of humiliation or persecution? Have I had the courage to stand up for the truth despite criticism, ridicule or persecution? Am I afraid to witness my faith in Christ Jesus?

Blessed are you when they revile you and persecute you on my account; rejoice and be glad, for your reward is great in heaven.

Is the joy of Christ in my heart, even in trying moments? Do I give thanks to God in all circumstances, or do I complain often? Have I been pessimistic, negative, despondent or despairing? Have I truly delighted in the promise of God's treasures in heaven?