

THE UNIVERSAL PRAYER

(attributed to Pope Clement XI)

Lord, I believe in you: increase my faith.
I trust in you: strengthen my trust.
I love you: let me love you more and more.
I am sorry for my sins: deepen my sorrow.

I worship you as my first beginning,
I long for you as my last end,
I praise you as my constant helper,
And call on you as my loving protector.

Guide me by your wisdom,
Correct me with your justice,
Comfort me with your mercy,
Protect me with your power.

I offer you, Lord, my thoughts: to be fixed on you;
My words: to have you for their theme;
My actions: to reflect my love for you;
My sufferings: to be endured for your greater glory.

I want to do what you ask of me:
In the way you ask,
For as long as you ask,
Because you ask it.

Lord, enlighten my understanding,
Strengthen my will,
Purify my heart,
and make me holy.

Help me to repent of my past sins
And to resist temptation in the future.
Help me to rise above my human weaknesses
And to grow stronger as a Christian.

Let me love you, my Lord and my God,
And see myself as I really am:
A pilgrim in this world,
A Christian called to respect and love
All whose lives I touch,
Those under my authority,
My friends and my enemies.

Help me to conquer anger with gentleness,
Greed by generosity,
Apathy by fervor.
Help me to forget myself
And reach out toward others.

Make me prudent in planning,
Courageous in taking risks.
Make me patient in suffering, unassuming in
prosperity.

Keep me, Lord, attentive at prayer,
Temperate in food and drink,
Diligent in my work,
Firm in my good intentions.

Let my conscience be clear,
My conduct without fault,
My speech blameless,
My life well-ordered.
Put me on guard against my human weaknesses.
Let me cherish your love for me,
Keep your law,
And come at last to your salvation.

Teach me to realize that this world is passing,
That my true future is the happiness of heaven,
That life on earth is short,
And the life to come eternal.

Help me to prepare for death
With a proper fear of judgment,
But a greater trust in your goodness.
Lead me safely through death
To the endless joy of heaven.

Grant this through Christ our Lord. Amen.

Litany of Humility

O Jesus! meek and humble of heart, *Hear me.*

From the desire of being esteemed, *Deliver me, Jesus.*
From the desire of being loved, *Deliver me, Jesus.*
From the desire of being extolled, *Deliver me, Jesus.*
From the desire of being honored, *Deliver me, Jesus.*

From the desire of being praised, *Deliver me, Jesus.*
From the desire of being preferred to others, *Deliver me, Jesus.*
From the desire of being consulted, *Deliver me, Jesus.*
From the desire of being approved, *Deliver me, Jesus.*
From the fear of being humiliated, *Deliver me, Jesus.*
From the fear of being despised, *Deliver me, Jesus.*
From the fear of suffering rebukes, *Deliver me, Jesus.*
From the fear of being calumniated, *Deliver me, Jesus.*
From the fear of being forgotten, *Deliver me, Jesus.*
From the fear of being ridiculed, *Deliver me, Jesus.*
From the fear of being wronged, *Deliver me, Jesus.*
From the fear of being suspected, *Deliver me, Jesus.*

That others may be loved more than I, *Jesus, grant me the grace to desire it.*
That others may be esteemed more than I, *Jesus, grant me the grace to desire it.*
That, in the opinion of the world, others may increase and I may decrease, *Jesus, grant me the grace to desire it.*
That others may be chosen and I set aside, *Jesus, grant me the grace to desire it.*
That others may be praised and I unnoticed, *Jesus, grant me the grace to desire it.*
That others may be preferred to me in everything, *Jesus, grant me the grace to desire it.*
That others may become holier than I, provided that I may become as holy as I should, *Jesus, grant me the grace to desire it.*

Guide for Making a Good Confession

1. Pray that the Holy Spirit will help you to know your sins.

Prayer before Confession

Come Holy Spirit into my soul. Enlighten my mind that I may know the sins I ought to confess, and grant me your grace to confess them fully, humbly and with contrite heart. Help me to firmly resolve not to commit them again. O Blessed Virgin, Mother of my Redeemer, mirror of innocence and sanctity, and refuge of penitent sinners, intercede for me through the Passion of Your Son, that I may obtain the grace to make a good confession. All you blessed Angels and Saints of God, pray for me, a most miserable sinner, that I may repent from my evil ways, that my heart may henceforth be forever united with yours in eternal love. Amen.

2. Examine your conscience.

Abortion
Abuse of Alcohol
Adultery
Anger
Any form of Deception
Artificial Birth Control
Breaking a Promise
Careless Behaviors
Deliberately Choosing Evil
Despair
Destruction of Property
Disobedience towards Authority
Emotional Abuse of Others
Failure to Pray to God Daily
Failure to Provide for the Church
Failure to Provide for the Poor

Fortune Telling
Gluttony
Gossip about Others
Hatred
Homosexual Actions
Horoscopes
Illegal Drugs
Impure Actions with Another
Impure Actions with Self
Impure thoughts
Indifference to Holy things
Lack of Gratitude
Laziness
Lying about Another
Lying about Self
Materialism
Missed Mass on a Sunday/Holy Day
Miss use of God's Name
Murder
Occult Activities
Ouija Boards
Pornography
Premarital Sex
Presumption of God's Forgiveness
Pride
Prostitution
Putting God Second to ...
Stealing
Superstition

3. If you do not know how to confess, feel uneasy, or forget your sins, ask the priest to help you
4. Meet Priest for the Sacrament – **Begin**
“Bless me Father for I have sinned. It has been (how long) since my last confession.”

5. Express in prayer your sorrow for having committed these sins, or pray for the help to be truly sorry.
6. Resolve not to commit these sins again, and to avoid the situations that lead to sin.
7. **End with “For these and all my sins, I am sorry.”**
8. Priest will offer advice and give a penance.
9. Pray the Act of Contrition out loud:

Act of Contrition

O my God I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they have offended You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace to confess my sins, to do penance and to amend my life. Amen.

10. Priest will Absolve your sins:
God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.
11. Respond: **“Amen.”**
12. Pray or perform the penance the priest gives you as soon as possible.
13. The priest will say a concluding address:
Respond: “His mercy endures forever!”

I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance. Luke 15:7