

## PRO CONFESSIONE

### Actus Contritionis

DEUS meus, ex toto corde pœnitet me omnium meorum peccatorum, eaque detestor, quia peccando, non solum poenas a te iuste statutas promeritus sum, sed praesertim quia offendi te, summum bonum, ac dignum qui super omnia diligaris. Ideo firmiter propono, adiuvante gratia tua, de cetero me non peccatorum peccandique occasiones proximas fugitum. Amen.

### Confiteor

CONFITEOR Deo omnipotenti, beatæ Mariæ semper Virgini, beato Michaëli Archangelo, beato Joanni Baptistæ, sanctis Apóstolis Petro et Paulo, et omnibus Sanctis : quia peccavi nimis cogitatione, verbo et opere : (*pectus ter percutiens*) mea culpa, mea culpa, mea máxima culpa. Ideo precor beatam Mariam semper Virginem, beatum Michaëlem Archangelum, beatum Joannem Baptistam, sanctos Apóstolos Petrum et Paulum, et omnes Sanctos, orare pro me ad Dóminum Deum nostrum.

(ex Missali Romano)

Misereatur nostri omnipotens Deus, et dimissis peccatis nostris, perducat nos ad vitam æternam.

Indulgentiam, ✠ absolutionem, et remissionem peccatorum nostrorum tribuat nobis omnipotens et misericors Dóminus. Amen.

*Iesu, Fili David, miserere mei.*

(S. Luc. XVIII, 38)

### ANTE CONFESSIONEM:

### Invocatio Sancti Spiritus

O SANCTE Spiritus, fons omnis lucis, Spiritus sapientiæ, intellectus et scientiæ, veni in adiutorium meum, ut bonam confessionem faciam. Illumina me, et adiuva me ut cognoscam peccata mea ; sicut dies unus me cogetur ut agnoscis eos ante thronum iudicii tuum.

Malum quod feci, et bonum quod neglexi, affer in mentem. Ne sinas me amore sui excari. Da præterea dolorem cordis mei de transgressionibus meis, et sinceræ confessionis gratiam, ut remittantur et me admittantur in amicitiam tuam. Amen. Δ

### Oratio ad Beatam Virginem et Sanctos

O CLEMENTISSIME Virgo Maria, Mater dilectissima Iesu Christi Redemptoris mei, intercede pro me cum Ipso. Impetra mihi plenam remissionem peccatorum meorum et perfectam emendationem vitæ in salutem animæ meæ et gloriam Nominis eius.

Eandem gratiam te exoro, angelus meus custos ; te mi sancti patroni N.N. ; te, sancte Petre et sancte Magdalene, et omnium sanctorum Dei. Intercede pro me peccatore, delictorum meorum poenitentium, et resolvens ad confitendum et emendandum eos. Amen. Δ

*Sancta María, Refugium peccatorum, ora pro nobis.*



## FOR CONFESSION

### Act of Contrition

O MY God, I am heartily sorry for having offended Thee, and I detest all my sins, because I of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more, and to avoid the near occasion of sin. Amen.

### I Confess

I CONFESS to Almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the Saints that I have sinned exceedingly, in thought, word and deed: (*strike breast, thrice*) through my fault, through my fault, through my most grievous fault. Therefore I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the Saints, to pray to the Lord our God for me.

(Pre-1968: if said with a contrite & humble heart, and sorrow for one's sins: 300 days; 500 days before Communion)

May the Almighty and merciful God forgive me my sins and bring me to ever-lasting life.

May the Almighty and merciful God grant me pardon, ✠ absolution, and remission of all my sins. Amen.

*Jesus, Son of David, have mercy on me.*

(Pre-1968: 300 days\*; St. Luke 18:38; #71)

### BEFORE CONFESSION:

### Invocation of the Holy Ghost

O HOLY Ghost, Source of all light, Spirit of wisdom, of understanding, and of knowledge, come to my assistance and enable me to make a good confession. Enlighten me, and help me now to know my sins as one day I shall be forced to recognise them before Thy judgement seat.

Bring to my mind the evil which I have done and the good which I have neglected. Permit me not to be blinded by self-love. Grant me, moreover, heart-felt sorrow for my transgressions, and the grace of a sincere confession, so that I may be forgiven and admitted into Thy friendship. Amen.

### Prayer to the Blessed Virgin and the Saints

O MOST gracious Virgin Mary, beloved Mother of Jesus Christ my Redeemer, intercede for me with Him. Obtain for me the full remission of my sins, and the perfect amendment of life, unto the salvation of my soul and the glory of His Name. Amen.

I implore the same grace of thee, O my angel guardian; of thee my holy patrons, N.N.; of thee, O holy Peter and holy Magdalen, and of all the saints of God. Intercede for me a sinner, repenting of my sins, and resolving to confess and amend them. Amen.

*Holy Mary, Refuge of Sinners, pray for us.*

(Pre-1968: 300 days\* for any such invocation of the BVM by formal title)

## PSALMUS L

*In finem.  
Psalmus David,  
cum venit ad eum Nathan propheta,  
quando intravit ad Bethsabée.*

**MISERERE**, mei, Deus, secundum magnam misericordiam tuam ; et secundum multitudinem miserationum tuarum, dele iniquitatem meam. Amplius lava me ab iniquitate mea, et a peccato meo munda me. Quoniam iniquitatem meam ego cognosco, et peccatum meum contra me est semper.

Tibi soli peccavi, et malum coram te feci ; ut justificeris in sermonibus tuis, et vincas cum judicaris. Ecce enim in iniquitatibus conceptus sum, et in peccatis concepit me mater mea. Ecce enim veritatem dilexisti ; incerta et occulta sapientiæ tuæ manifestasti mihi. Asperges me hyssopo, et mundabor ; lavabis me, et super nivem dealbabor. Auditui meo dabis gaudium et lætiti-  
am, et exultabunt ossa humiliata.

Averte faciem tuam a peccatis meis, et omnes iniquitates meas dele. Cor mundum crea in me, Deus, et spiritum rectum innova in visceribus meis. Ne projicias me a facie tua, et spiritum sanctum tuum ne auferas a me. Redde mihi lætitiā salutaris tui, et spiritu principali confirma me. Docebo iniquos vias tuas, et impii ad te convertentur.

Quoniam spiritus pertransibit in illo, et non subsistet : et non cognoscat amplius locum. Libera me de sanguinibus, Deus, Deus salutis meæ, et exultabit lingua mea justitiam tuam. Domine, labia mea aperies, et os meum annuntiabit laudem tuam. Quoniam si voluisses sacrificium, dedissem utique ; holocaustis non delectaberis. Sacrificium Deo spiritus contribulatus ; cor contritum et humiliatum, Deus, non despicies. Benigne fac, Domine, in bona voluntate tua Sion, ut ædificentur muri Jerusalem.

Tunc acceptabis sacrificium justitiæ, oblationes et holocausta ; tunc imponent super altare tuum vitulos.

**Gloria Patri...**

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**POST CONFESSIONEM:**  
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### Oratio de Petitione, Post Confessionem

**SIT** tibi, Dómine, óbsecro, méritis beátæ semper Virginis Genitricis tuæ Mariæ et ómnium Sanctórum grata et accépta ista conféssio mea ; et quidquid mihi défuit nunc et álias de sufficiéntia contritionis, de puritaté et integritaté confessiónis, súppleat pietas et misericórdia tua et secúndum illam dignéris me habére plénius et perféctius absolútum in cælo : Qui vivis et regnas Deus per ómnia sæcula sæculórum.

*Mi Iesu, misericordia.*

(S. Leonardus Portus Mauriti)

**LÍBERA** me, Dómine Iesu Christe,  
b ómnibus iniquitatibus meis et universis malis,  
fac me tuis semper inhærere mandátis  
et a te numquam separári permittas.

(ex M. R.)

*Dulcissime Iesu, non sis mihi Iudex, sed Salvátor.*

(S. Hieronymus Æmilianus)



## PSALM 50

*Miserere.  
The repentance and confession of David after his sin. The fourth penitential psalm.  
Unto the end, a psalm of David, When Nathan the prophet came to him  
after he had sinned with Bethsabée.*

**HAVE** mercy on me, O God, according to thy great mercy. And according to the multitude of thy tender mercies blot out my iniquity. Wash me yet more from my iniquity, and cleanse me from my sin. For I know my iniquity, and my sin is always before me.

To thee only have I sinned, and have done evil before thee: that thou mayst be justified in thy words and mayst overcome when thou art judged. For behold I was conceived in iniquities; and in sins did my mother conceive me. For behold thou hast loved truth: the uncertain and hidden things of thy wisdom thou hast made manifest to me. Thou shalt sprinkle me with hyssop, and I shall be cleansed: thou shalt wash me, and I shall be made whiter than snow. To my hearing thou shalt give joy and gladness: and the bones that have been humbled shall rejoice.

Turn away thy face from my sins, and blot out all my iniquities. Create a clean heart in me, O God: and renew a right spirit within my bowels. Cast me not away from thy face; and take not thy holy spirit from me. Restore unto me the joy of thy salvation, and strengthen me with a perfect spirit. I will teach the unjust thy ways: and the wicked shall be converted to thee.

Deliver me from blood, O God, thou God of my salvation: and my tongue shall extol thy justice. O Lord, thou wilt open my lips: and my mouth shall declare thy praise. For if thou hadst desired sacrifice, I would indeed have given it: with burnt offerings thou wilt not be delighted. A sacrifice to God is an afflicted spirit: a contrite and humbled heart, O God, thou wilt not despise. Deal favourably, O Lord, in thy good will with Sion; that the walls of Jerusalem may be built up.

Then shalt thou accept the sacrifice of justice, oblations and whole burnt offerings: then shall they lay calves upon thy altar.

**Glory be...**

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**AFTER CONFESSION:**  
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### Prayer of Petition

**MAY** this, my confession, O Lord, by the merits of Blessed Mary ever Virgin, Thy Mother, and of all the saints, be pleasing and acceptable in Thy sight. Let Thy goodness and mercy supply for whatever has been wanting in my contrition, and in the purity and integrity of my confession. Deign Thou mercifully to regard me perfectly and entirely absolved in heaven: Who livest and reignest God, world without end. (BBG; Raccolta excerpt #743)

*My Jesus, mercy.*

(Pre-1968: 300 days\*; #70)

**DELIVER** me, O Lord Jesus Christ,  
from all my iniquities and from every evil,  
make me ever to hold fast to Thy commandments  
and never allow me to be separated from Thee.

(Pre-1968: 5 years\*)

*Sweetest Jesus, be not my judge, but my Saviour.*

(Pre-1968: 300 days\*; #71)

## PSALMUS CII

*Ipsi David.*

**B**ÉNEDIC, anima mea, Domino, et omnia quæ intra me sunt nomini sancto ejus. Benedic, anima mea, Domino, et noli oblivisci omnes retributiones ejus; qui propitiatur omnibus iniquitatibus tuis, qui sanat omnes infirmitates tuas; qui redimit de interitu vitam tuam, qui coronat te in misericordia et miserationibus; qui replet in bonis desiderium tuum: renovabitur ut aquilæ juvenis tua.

Faciens misericordias Dominus, et judicium omnibus injuriam patientibus. Notas fecit vias suas Moysi, filiis Israël voluntates suas. Miserator et misericors Dominus, longanimis, et multum misericors. Non in perpetuum irascetur, neque in æternum comminabitur. Non secundum peccata nostra fecit nobis, neque secundum iniquitates nostras retribuit nobis.

Quoniam secundum altitudinem cæli a terra, corroboravit misericordiam suam super timentes se; quantum distat ortus ab occidente, longe fecit a nobis iniquitates nostras. Quomodo miseretur pater filiorum, misertus est Dominus timentibus se. Quoniam ipse cognovit figmentum nostrum; recordatus est quoniam pulvis sumus. Homo, sicut fœnum dies ejus; tamquam flos agri, sic efflorescit.

Quoniam spiritus pertransibit in illo, et non subsistet: et non cognoscet amplius locum suum. Misericordia autem Domini ab æterno, et usque in æternum super timentes eum. Et justitia illius in filios filiorum, his qui servant testamentum ejus, et memores sunt mandatorum ipsius ad faciendum ea. Dominus in cælo paravit sedem suam, et regnum ipsius omnibus dominabitur. Benedicite Domino, omnes angeli ejus, potentes virtute, facientes verbum illius, ad audiendam vocem sermonum ejus.

Benedicite Domino, omnes virtutes ejus, ministri ejus, qui facitis voluntatem ejus. Benedicite Domino, omnia opera ejus, in omni loco dominationis ejus. Benedic, anima mea, Domino.

**Gloria Patri...**

*Agimus tibi grâcias, omnipotens Deus, pro univêrsis beneficiis tuis:  
Qui vivis et regnas in sæcula sæculórum. Amen.*

**Deus meus, credo in te**

**D**EUS meus, credo in te, spero in te, amo te super omnia ex tota ánima mea, ex toto corde meo, ex totis viribus meis: amo te quia es infinite bonus et dignus qui améris; et quia amo te, me pænitet ex toto corde te offendisse: miserére mihi peccatóri. Amen.

*Dómine, nihil sum, sed, etsi nihil, adóro te. Δ*

*(R. Cardinalis Merry del Val)*

## PSALM 102

*Benedic, anima. Thanksgiving to God for his mercies.  
For David himself.*

**B**LESS the Lord, O my soul: and let all that is within me bless his holy name. Bless the Lord, O my soul, and never forget all he hath done for thee. Who forgiveth all thy iniquities: who healeth all thy diseases. Who redeemeth thy life from destruction: who crowneth thee with mercy and compassion. Who satisfieth thy desire with good things: thy youth shall be renewed like the eagle's.

The Lord doth mercies, and judgment for all that suffer wrong. He hath made his ways known to Moses: his wills to the children of Israel. The Lord is compassionate and merciful: longsuffering and plenteous in mercy. He will not always be angry: nor will he threaten for ever. He hath not dealt with us according to our sins: nor rewarded us according to our iniquities.

For according to the height of the heaven above the earth: he hath strengthened his mercy towards them that fear him. As far as the east is from the west, so far hath he removed our iniquities from us. As a father hath compassion on his children, so hath the Lord compassion on them that fear him: For he knoweth our frame. He remembereth that we are dust: Man's days are as grass, as the flower of the field so shall he flourish.

For the spirit shall pass in him, and he shall not be: and he shall know his place no more. But the mercy of the Lord is from eternity and unto eternity upon them that fear him: And his justice unto children's children, To such as keep his covenant, And are mindful of his commandments to do them. The Lord hath prepared his throne in heaven: and his kingdom shall rule over all. Bless the Lord, all ye his angels: you that are mighty in strength, and execute his word, hearkening to the voice of his orders.

Bless the Lord, all ye his hosts: you ministers of his that do his will. Bless the Lord, all his works: in every place of his dominion, O my soul, bless thou the Lord.

**Glory be... \***

*We give Thee thanks, Almighty God, for all Thy blessings:  
Who livest and reignest for ever and ever.*

*(Pre-1968: 300 days)*

**Prayer of Penance and Faith**

**O** MY God, I believe in Thee, I hope in Thee, I love Thee above all things with all my soul, with all my heart and with all my strength; I love Thee because Thou art infinitely good and worthy of being loved; and because I love Thee, I repent with all my heart of having offended Thee; have mercy on me, a sinner. Amen.

*(Pre-1968: 300 days; #37)*

*Lord, I am nothing, but, although nothing, I adore Thee.*

*(Pre-1968: 300 days; #34)*

\* Traditionally, recitation of this beautiful psalm of praise was suggested after Confession; the penance given may be said now.

## NOTES & SOURCES

This selection of orthodox and historically regarded antiphons, invocations, aspirations, hymns, prayers, devotions, pious practises of the holy Catholic Religion was compiled by Jonathon Reid from the reliable and competent sources listed below; and posited on the world-wide inter-connected network (or, 'inter-net') for public dissemination via the 'web-site' [TraditionalCatholicPrayers.com](http://TraditionalCatholicPrayers.com) on the THIRTEENTH day of DECEMBER, anno Domini TWO THOUSAND AND TWENTY-THREE.

*Quæ est ista, quæ progréditur quasi auróra consúrgens, pulchra ut luna, elécta ut sol? Quasi arcus refúlgens inter nebulas glóriæ, et quasi flos rosárum in diébus vernis. Flores apparuérunt in terra nostra, tempus putatiónis advénit. (Alleluia.)*

Monstra te esse matrem!

UPDATED: \_\_. \_\_. 202\_\_, A.D.

### LEGEND:

\*: Plenary indulgence if practised daily for a month.

**Δ Navy text:** Latin rendering taken from a subscription-free translation tool. In such instance much effort has been invested to eliminate discernible error, however such verses should be regarded with circumspection and caution; it is unlikely that any such are of commendable eloquence. If the reader is uncomfortable with these un-approved renderings, at least he has the prayer, of competent origin, in English; may it be of utility to him.

### A WORD ON PRE-1968 INDULGENCES:

Where reliably sourced, the historical Pre-1968 Indulgences have been listed. Delineated in **penitential\* days or years** merited, these were over-hauled by Paul VI in 1967 and the radically changed treatment of indulgences came into effect a year later. Specific penance values no longer apply, re-formed into simple 'partial' (in which case God will adjudge the merit) or 'plenary' classes. As part of this process the number of formally recognised prayers, ejaculations, devotions, practises, etc. specifically meriting indulgence of either class was significantly curtailed.

Your correspondant would admonish the reader who does not hold high Ecclesiastical office to refrain, seduously, from any casual or cavalier discourse (and certainly any manner of pejorative remark) regarding the actions of a Supreme Pontiff, past or present, in the execution of his holy office.

**The Pre-1968 values are listed to give historical context** and, thereby, to show what ostensible value holy Mother Church, for centuries, placed on the importance of these prayers and practises prior to the 1960s; during eras in which, incontentstibly, the holy Fear of God was first and foremost in Her teachings and thus visibly prevalent in her liturgies, ministers, buildings and by extension, flock.

The term '**..on the usual conditions**' upon which plenary indulgences pivot means – both prior to 1968 and to this day – that the stated indulgenced act must be accompanied by worthy Confession\*\* and Holy Communion\*\*\* and prayers for the intentions of the Supreme Pontiff, with the norm being to offer an *Our Father* – *Hail Mary* – *Glory Be* for the same. Obviously, 'intentions' refers to the infallible and inexorably unchangeable intentions of the *Office of the Papacy*.

Plenary indulgences are only be merited if the suppliant is wholly detached from sin, of any species. If he does not merit a plenary indulgence for such or similar cause in the all-seeing eye of God, a partial indulgence is given.

\* Not the same as earthly calendar days or years; rather "the amount of purgatorial punishment equivalent to that which would have been remitted, in the sight of God, by the performance of so many days or years of the ancient canonical penance." ([New.advent.org](http://New.advent.org))

\*\* Prior to more contemporary times, this was regarded as being required within eight (8) days, either side, of performance of the indulgenced act; so, by standing custom, the faithful would in practise receive the Sacrament of Penance every fortnight (in the absence of specific contingencies) so as to ensure not only an ongoing state of grace but, further, satisfaction of the usual conditions.

\*\*\* In contrast, Communion has to received on the day of the performance or satisfaction of the indulgenced act. In the case of novenas or other devotion(s) spread over days, week or month, the indulgence is merited (or 'claimed') upon the reception of Communion. So, many plenary indulgences can be attached to one Confession; however, as the attaining of plenary indulgences is (typically) limited to one per day, every plenary indulgence requires Holy Communion.

### SOURCES:

- Let the Receiving of Thy Body, O Lord: *The Raccolta: A Manual of Indulgences, Prayers and Devotions Enriched with Indulgences*, 1957 ed. Authorised by the Holy See, Rt. REV Ritter. Charles E. Spence, D.D. the Rt. Rowan, ph. D. the REV Ritter. Joseph P. Christopher, (St. Athanasius Press, 2000), #155.
- We adore Thee.. (invocation): *The Raccolta* (1957), Ibid., #156.
- Preparatory Prayer of St. Thomas Aquinas: *The Raccolta* (1957), Ibid., #156. Latin text via [PrayingLatin.com](http://PrayingLatin.com).
- Praise and adoration.. (invocation): *The Raccolta* (1957), Ibid., #135.
- O Mother of Tender Mercy: *The Raccolta* (1957), Ibid., #351.
- Hail true Body.. (invocation): *The Raccolta* (1957), Ibid., #141.
- Happy and Blessed art Thou, O Joseph (V. & R.): *Roman Missal*, reproduced here from [PrayingLatin.com](http://PrayingLatin.com).
- Any devout invocation of St. Joseph's holy name in assistance: *The Raccolta* (1957), Ibid., #460.
- Prayer for Forming One's Intentions: Extract from traditional prayer to be said by priests before celebrating Holy Mass (the extract is licit for the lay person) *The Raccolta* (1957), Ibid., #749; see also *Blessed Be God: A Complete Catholic Prayer Book*, p.37, Very Rev. Charles J. Callan, O.P., S.T.M. & Very Rev. John A. McHugh, O.P., S.T.M. (Preserving Christian Publications, N.Y., 2019; re-print of 1960 edition by P.J. Kennedy & Sons, N.Y.; Imprimatur: + Francis Cardinal Spellman.
- As the hart panteth.. (invocation): *The Raccolta* (1957), Ibid., #153.
- Come, O Lord.. (invocation): *The Raccolta* (1957), Ibid., #154.
- Act of Spiritual Communion: Reproduced is the standard formula of St. Alphonsus Liguori, *The Raccolta* (1957), Ibid., #164a; ; and also: *The Handbook of Indulgences, Norms & Grants* (Catholic Book Publishing Corp., N.Y.) 1991: #15.
- The Body of our Lord.. (invocation): *The Raccolta* (1957), Ibid., #157.
- Anima Christi (Soul of Christ): *The Raccolta* (1957), Ibid., #131; and also: *The Handbook*, Ibid., #10.
- Prayer in Thanksgiving (St. Thomas Aquinas): *The Raccolta* (1957), Ibid., #160.
- Prayer to Jesus in Thanksgiving: *The Raccolta* (1957), Ibid., #162.
- Prayer to the B. V. M. (after Mass): Source: [PrayingLatin.com](http://PrayingLatin.com)
- Prayer Before a Crucifix: *The Raccolta* (1957), Ibid., #201; and also: *The Handbook*, Ibid., #22.

