Jesus said: “My people, at times you store things away in a closet so people do not see them. You also hide or keep secret any embarrassing things in your past. You may be able to hide your bad actions or sinful habits that you perform in secret away from people, but I see everything, and you cannot hide things from Me. Many people do not want to admit the bad things they have done, but you need to be able to reveal them to My priest sons in Confession. I know all that you do, so do not be afraid to tell all of your deep dark secret sins to the priest. It is hard for Me to forgive the sins you have not knowingly told your priest. Do not be afraid of the priest who may give you a strong penance for any sins. Admit all of the sins you can remember, and I will forgive the most serious sins you tell the priest. You are all sinners, so you should try to confess your sins at least once a month. By keeping a pure soul, you will be ready to meet Me at your judgment in the Warning and when you die. I know your faults, so open your souls and hearts to My forgiving love, and I will restore grace to your soul.”

ALSO SEE:

Prayer For Forgiveness Of Sin – Jesus Please Forgive Me

TRADITIONAL PRAYER:

ACT OF CONTRITION
(Said by penitent to a priest at end of Confession)

“O, my God, I am heartily sorry for having offended you. I detest all my sins because of your just punishment, but most of all because they offend you, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin. Amen.”