

Prayer of Repentance: Excerpts Taken From “The Imitation of Christ”, Book 4, Chapter 9

“Lord, I offer You all my sins and offenses, from the day I was first able to sin until now. Placing them upon Your altar of reconciliation, I implore You to burn and consume them in the fire of Your love.

What else can I do about my sins but humbly confess and deplore them, ever asking for Your mercy?

I offer You also all the holy desires of devout persons; the needs of my parents, brothers, sisters, friends, and all who are dear to me; and all who have shown kindness to me or others for Your love, or who have asked me to pray and offer Masses for them and those dear to them, living or dead.

I offer You as well my prayers and this sacrifice of reconciliation especially for those who hurt me, offended me, abused me, or inflicted any injury upon me; and for all, too, whom I have at any time burdened, grieved, troubled or prevented from good, by word or deed, knowingly or unknowingly.

Be pleased to forgive us all our sins and mutual offenses. Drive from our hearts, O Lord, all suspicion, perversity, anger, dissension, and whatever else may wound charity or lessen brotherly love. Be merciful, O Lord, be merciful to those who implore Your mercy; give grace to those in need; make us all live in such a way as to be worthy to possess Your grace and life everlasting. Amen.”¹

After the prayer for repentance, pray a Chaplet of Divine Mercy for the following intentions. Specifically pray the intentions in the wording of the Chaplet:

If you would like, please pray for your specific, governor, mayor, congressional representatives, or others by name.

¹ (Kempis 1997, 259-260)

Daily Divine Mercy Chaplet:

Day 1: For the Pope and Bishops, that they may be faithful stewards of truth, the faith and a sign of strength and unity.

Day 2: For priests, deacons, religious brothers, and sisters, that they will be led by the Holy Spirit to live their vocations authentically and courageously.

Day 3: For the president that he will be led by the Holy Spirit with wisdom and truth

Day 4: For our congress, that they will be led by the Holy Spirit to govern with wisdom, justice, prudence in a spirit of unity for the good of the nation.

Day 5: For our governors and mayors, that they will be led by the Holy Spirit to lead with wisdom, justice, prudence in a spirit of unity for the good of their states and cities.

Day 6: For families, that they will be strengthened and their homes will become domestic churches, cultivating a spirit of peace, fidelity, respect for life, bearing witness in the world to the love of Christ for his Church.

Day 7: For an end to divisions that destroy peace and civility among our citizens, that we may foster an atmosphere of respect and dialogue and recognize that difference does not take away from the dignity of all people who are a gift of the Lord and an Image of Christ.

Day 8: For conversion of hearts that all people may come to sincerely seek the will of God with humility, knowing that God's will is not always the same as our desires.

Day 9: For the protection of religious liberty and the building up of a culture where we may continue to "Worship without fear, holy and righteous all the days of our life." (Lk 2:75)

Day 10: In reparation for our own sins, those that I am aware of and most especially for those of which I am unaware, and for those persons who are in most need of mercy.

Day 1 – 9, end with the Prayer to St. Michael.

St. Michael the Archangel defend us in battle.

Be our safeguard against the wickedness and snares of the Devil.

May God rebuke him, we humbly pray, and do thou,

O prince of the heavenly hosts, by the power of God

Cast into hell Satan and all the evil spirits

who prowl about the world seeking the ruin of souls. Amen.

Day 10. End with a Prayer for Deliverance²

My Lord You are all powerful, You are God, You are Father.
We beg You through the intercession and help
Of the Archangels Michael, Raphael, and Gabriel
For the deliverance of our brothers and sisters
Who are enslaved by the Evil One.
All Saints of heaven, come to our aid.

From anxiety, sadness, and obsessions,
We beg You, free us, O Lord.
From hatred, fornication, envy
We beg You free us, O Lord.
From thoughts of jealousy, rage, and death,
We beg you, free us, O Lord.
From every thought of suicide and abortion,
We beg You, free us, O lord.
From every form of sinful sexuality,
We beg You, free us, O lord.
From every division in our family, and every harmful friendship,
We beg You, free us, O Lord.
From every sort of evil spell, malefice, witchcraft,
And every from of occult,
We beg You, free us, O Lord.
Lord, You who said, "I leave you peace, my peace I give you" grant that, through
the intercession of the Virgin Mary, we may be liberated from every evil spell and
enjoy Your peace always. In the Name of Christ, our Lord. Amen.

² (Thigpen 2014, 303-304)

HOW TO PRAY THE CHAPLET OF DIVINE MERCY

Optional Opening Prayers:

You expired, Jesus, but the source of life gushed forth for souls,
and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,
envelop the whole world and empty Yourself out upon us.

(Repeat 3 times) O Blood and Water, which gushed forth from the Heart of Jesus
as a fountain of Mercy for us, I trust in You!

Our Father, Hail Mary and the Apostle's Creed

For each of the five decades *(On each "Our Father" bead of the rosary, pray)*

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly
Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the
whole world.

(On each of the 10 "Hail Mary" beads, pray)

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Concluding prayer *(Repeat 3 times)*

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the
whole world.

Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion
inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult
moments we might not despair nor become despondent, but with great
confidence submit ourselves to Your holy will, which is Love and Mercy itself.