Confession and repentance in prayer

Dear Heavenly Father, loving Lord:

Thank You, for You are full of mercy and grace, You do not easily become angry, and You have abundant love. Lord, today I come before You with a humble heart. Please enlighten me so I can see the weaknesses, transgressions, and shortcomings within myself.

Lord, please forgive me for all the places in which I have sinned against You. Whether it is sins in thought, sin in words, sin in actions, or hidden pride, selfishness, jealousy, bitterness, complaints, and unforgiveness, may the Holy Spirit shine upon me, so that I no longer make excuses for myself or hide my sins.

Lord, please forgive me for sometimes knowing Your will but still acting according to my own will; Knowing I should love others, yet still getting angry and criticizing others; Knowing I should trust You, yet still worrying, doubting, and relying on myself. Forgive me for not loving You well, nor loving those around me well.

Heavenly Father, please do not let me continue living in sin. Ask the Holy Spirit to renew my thoughts and mind, grant me a truly repentant heart, so that I will not only confess my sins with my mouth, but also be willing to turn away from sin, change my life, and learn to obey Your word.

Lord, please cleanse my heart so that I may receive a clean spirit again. If I still harbor resentment I cannot let go of, people I cannot forgive, or long-hidden pain, please personally heal me, set me free, help me forgive others by Your grace, and make me willing to accept Your forgiveness so I am no longer bound by past guilt.

Lord Jesus, thank You for being crucified for our sins, shedding Your precious blood, so that through faith we may be forgiven and reconciled to the Heavenly Father. Please help me cherish this salvation, not to underestimate Your grace, but to revere You even more, to turn away from sin, and to live a life that pleases Your heart.

Please guard my daily words, actions, and thoughts, so that I may seek You in times of weakness, be willing to turn back when I fall, and rely on You when tempted. Grant me a soft, humble, and obedient heart, making me a truly graceful Christian willing to be continually renewed by You.

Thank the Heavenly Father, Your love never changes, and Your mercy is new every morning. Please let my heart find peace again, let go of agitation, confusion, and burdens, be quiet in Your presence, regain strength, and set out anew.

In the holy name of the Lord Jesus Christ, I pray, Amen.