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J.M.J.

LITANY OF PERFECT CONTRITION

By Pope Pius VI



Lord, have mercy on us.
Christ, have mercy on us.
Lord, have mercy on us.

Christ, hear us.
Christ, graciously hear us.

God the Father of heaven,
Have mercy on us.
God the Son, Redeemer of
the world,
God the Holy Ghost
Holy Trinity, one God,

Jesus, Who by forbearance
and longanimity show forth
Thy power and goodness,
Have mercy on us.

Jesus, Who wait for the
conversion of sinners
with so much patience
and yearning desire,
Jesus, Who so lovingly
invite sinners to do
penance,

Have mercy on us.

Have mercy on us.

Jesus, Who rejoice so much
at the conversion of
sinners, *Have mercy on us.*

For having sinned,
I repent with all my heart.

For having sinned so often
and so grievously,

For having sinned
in thought, word
and deed,

For having sinned
so deliberately
and wantonly,

For having sinned
by innumerable
negligences and
omissions,

For having so audaciously
transgressed Thy
holy commandments,

For not having feared
Thy omnipotence,

For having despised
Thy love,

I repent with all my heart.

I repent with all my heart.

For having abused Thy
goodness and longanimity,
I repent with all my heart.

For having renewed the
sufferings of Thy Son,
my Saviour,
I repent with all my heart.

For having deserved Thy just
chastisements in this world
and the next,
I repent with all my heart.

Because by my sins I have
offended Thee, O my God,
I repent of all my sins.

Because by them I have
provoked Thee to anger,
I repent of all my sins.

Because by them I have
become displeasing
to Thee,
I repent of all my sins.

Because I love Thee above
all things,
I repent of all my sins.

In union with the loving
contrition of all holy
penitents,
I repent of all my sins.

In union with that horror
which the Blessed Virgin
Mary ever had for the
smallest sin,
I repent of all my sins.

In union with that
incomprehensible anguish
which Jesus, Thy divine
Son, suffered in His loving
Heart on Mount Olivet on
account of my sins and
those of all the world,
I repent of all my sins.

Lamb of God, Who takest
away the sins of the world,
spare us, O Jesus.

Lamb of God, Who takest
away the sins of the world,
hear us, O Jesus.

Lamb of God, Who takest
away the sins of the world,
have mercy on us, O Jesus.

Christ, hear us.
Christ, graciously hear us.

Lord, have mercy on us.
Christ have mercy on us.

Lord, have mercy on us.

Let us pray.

O God,
Who by sin art offended,
and by penance pacified,
mercifully regard
the prayers of Thy people
making supplications to Thee,
and turn away
the scourges of Thine anger,
which we deserve
for our sins.
Through Christ Our Lord.
Amen.