

THE SERVICES
OF THE
HOURS
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THE
GREAT
BOOK
OF THE
HOURS
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GREAT
HOROLOGION

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A BRIEF FORM OF CONFESSION

*Before Spiritual Father Confessors
(From the Full Confession of Saint Dimitry of Rostov)*

I confess to the Lord my God, and before you, venerable father, all my countless sins, committed by me unto this very day and hour, in deed, in word, and in thought. I sin daily and hourly by my ingratitude towards God, for His great and countless blessings, and His benevolent providence over me, the sinner.

I have sinned through idle talking, judging others, stubbornness, pride, hardness of heartedness, envy, anger, slander, inattention, negligence concerning my salvation, carelessness, indifference, impertinence, irritability, despondency, rendering evil for evil, bitterness, disobedience, complaining, self-justification, contradicting others, self-will, being reproachful, gossiping, lying, light-mindedness, tempting others, self-love, ambition, gourmandising, eating and drinking to excess, vanity, laziness, entertaining unclean thoughts, acquisitiveness, impure glances, absence from divine services because of laziness and carelessness, absent-mindedness at prayer both in Church and at home ; I have sinned in deed, word, thought ; in sight, hearing, smell, taste, touch, and the rest of my mental and physical senses. Of all my sins I repent, and I beg forgiveness.

Now, one ought to mention specifically any other sins which may be burdening the soul.

I also repent, and ask forgiveness for all those sins that I have not confessed because of their multitude, and of my forgetfulness.

Forgive and absolve me, venerable father, and bless me to commune of the holy and life-giving Mysteries of Christ, unto the remission of sins and life everlasting.

[END OF THE BRIEF CONFESSION]