



SPIRITNOVA

Prayer of Repentance

My sins weigh heavy on my shoulders,
Your tears wash over my hands.
I ask You, Lord, cleanse my soul,
let me find again the purity of my heart.
My deep remorse is of pure intent.
Blessed be our Lord, the Redeemer.

Amen.

THE FIVE STEPS OF THE RITUAL

1. Be still.
2. Ask for forgiveness – in your own words.
3. Name your sins, one after another.
4. With remorse, wash your hands with the Water of Repentance.
5. While washing, say this prayer.

The Water of Repentance is an aid, not a condition – the ritual can be done with plain water.
Forgiveness is with God and in the sincerity of the heart.

spiritnova.sk/en/ritual-of-repentance