

# The Confiteor (I Confess)

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The **Confiteor** (*named from Latin*) or “**I Confess**” is part of the introductory prayers recited at every Mass. It is a general confession of one’s sins. Here is the **traditional form** of this prayer. It is a translation of the traditional Latin prayer (1962 Roman Missal).

I confess to Almighty God,  
to Blessed Mary ever Virgin,  
to Blessed Michael the Archangel,  
to Blessed John the Baptist,  
to the holy Apostles Peter and Paul and to all the Saints,  
that I have sinned exceedingly in thought, word and deed;  
*(strike your breast thrice)*  
through my fault, through my fault, through my most grievous fault.  
Therefore I beseech Blessed Mary ever Virgin,  
Blessed Michael the Archangel,  
Blessed John the Baptist,  
the holy Apostles Peter and Paul and all the Saints,  
to pray for me to the Lord our God for me.  
Amen.

**The following new translation is currently being used for Mass recited in English.**

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,  
*[All strike their breast thrice]*  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.