

## My Daily Prayer

O My God,  
I place my trust and confidence in You,  
who will reward the good and punish the wicked.  
I believe in You and accept everything  
You have taught and revealed.

I believe that in one God  
there are three Divine Persons -  
God the Father,  
God the Son  
and God the Holy Spirit.

I believe that God the Son became Man  
without ceasing to be God.  
He is Jesus Christ, my lord and my Saviour,  
the Redeemer of the human race.  
He died on the Cross for my salvation  
and eternal happiness.

O my God, give me a strong faith.  
Help me to believe with lively faith.

O my God, all-good and all-merciful,  
I sincerely hope to be saved.  
Help me to do all that is necessary  
to gain eternal salvation.

I have committed many sins in my life,  
but now I turn away from them.  
I am sorry, truly sorry for all of them,  
because I have offended You, my God,  
Who are all-good, all-perfect,  
all-holy and all-merciful.

I love you, O my God, with all my heart.  
Please forgive me for having offended You.

I promise that, with Your help,  
I will never offend You again.

My God, have mercy on me.  
Amen