

I Believe, O Lord, and I Confess

I believe, O Lord, and I confess, that thou art in very truth the Christ, the Son of the living God, who didst come into the world to save sinners, of whom I am chief. And I believe that this is, of a truth, thine all-pure Body, and that this is thine own precious Blood. Wherefore, I beseech thee, have mercy upon me, and forgive my transgressions, whether voluntary or involuntary; whether of word or of deed; whether committed with knowledge or in ignorance. And vouchsafe that I may partake without condemnation of thine all-pure Mysteries, unto the remission of my sins, and unto life eternal. Amen.

Traditionally ascribed to St. John Chrysostom

Hapgood, Service Book, 1906, p. 575