Prayer for the Grace to Name My Sins

Almighty and all-merciful God,
give me the strength of spirit to name my sins
and the courage to feel shame for them.
Let me feel confounded that my sins have not destroyed me as others' have.
Teach me to weep for the hurt and harm
I have sinfully inflicted on others.
Please, Lord, I really want to live aware
of how I have let this terrible evil root itself in my self and in my life world.

–Joseph Tetlow, SJ, "Hearts on Fire, Praying with the Jesuits"