

# Evening prayer

---

O my God, at the end of this day I thank you most heartily  
for all the graces I have received from you.

I am sorry that I have not made a better use of them.

I am sorry for all the sins I have committed against you.

Forgive me, O my God, and graciously protect me this night.

Blessed Virgin Mary, my dear heavenly mother, take me under your protection.

St. Joseph, my dear guardian angel, and all you saints of God, pray for me.

Sweet Jesus, have pity on all poor sinners, and save them from hell.

Have mercy on the suffering souls in purgatory.

Generally, this evening prayer is followed by an act of contrition,  
which is usually said in conjunction with an examination of conscience.

A daily examination of conscience consists of a brief recounting  
of our actions during the day.

What sins did we commit?

Where did we fail?

In what areas of our lives can we strive to make virtuous progress?

Having determined our failures and sins, we make an act of contrition.

## Act of Contrition

O my God, I am heartily sorry for having offended thee  
and I detest all my sins,

because I dread the loss of heaven and the pains of hell,

but most of all because they offend thee, my God,

who are all good and deserving of all my love.

I firmly resolve, with the help of thy grace,

to confess my sins,

to do penance,

and to amend my life.

Amen.