

Al Chet Messianic Jewish Confessional Prayers

What shall we say to You who dwells on high; what shall we relate to You who abides in the heavens? You surely know all the hidden and revealed things. You know the mysteries of the universe and the hidden secrets of every living being. You search all of our innermost thoughts, and probe our mind and hear; nothing is hidden from You, nothing is concealed from Your sight. And so, may it be Your will, L-rd our G-d and G-d of our fathers, to have mercy on us and forgive us all our sins, for You have granted atonement to us through the blood of our Messiah.

For the sin which we have committed before You under duress or willingly,
And for the sin which we have committed before You by hardheartedness,
For the sin which we have committed before You inadvertently,
And for the sin which we have committed before You with an utterance of the lips,
For the sin which we have committed before You with knowledge and with deceit,
And for the sin which we have committed before You with immorality,
For the sin which we have committed before You openly or secretly,
And for the sin which we have committed before You through speech,
For the sin which we have committed before You by deceiving a fellow man,
And for the sin which we have committed before You by improper thoughts,
For the sin which we have committed before You by a gathering of lewdness,
And for the sin which we have committed before You by insincere confession,
For the sin which we have committed before You by disrespect for parents and teachers,
And for the sin which we have committed before You intentionally or unintentionally,
For the sin which we have committed before You by using coercion,
And for the sin which we have committed before You by desecrating the Diving Name,
For the sin which we have committed before You impurity of speech,
And for the sin which we have committed before You by foolish talk,
For the sin which we have committed before You by negligence and carelessness,
And for the sin which we have committed before You knowingly and unknowingly.

FOR ALL THESE, G-D OF REDEMPTION, FORGIVE US, THROUGH THE SACRIFICE OF OUR MESSIAH.

For the sin which we have committed before You by false denial and lying,
And for the sin which we have committed before You by bribe-taking or bribe-giving,
For the sin which we have committed before You by scoffing,
And for the sin which we have committed before You by evil talk about another,
For the sin which we have committed before You in business dealings,
And for the sin which we have committed before You by eating and drinking,
For the sin which we have committed before You by a glance of the eye,
For the sin which we have committed before You with proud looks and a haughty demeanor,
And for the sin which we have committed before You with an impudent heart,

FOR ALL THESE, G-D OF REDEMPTION, FORGIVE US, THROUGH THE SACRIFICE OF OUR MESSIAH.

For the sin which we have committed before You by refusing to seek Your Kingdom,
And for the sin which we have committed before You by scheming against another,
And for the sin which we have committed before You by a begrudging eye,
For the sin which we have committed before You by frivolity,
And for the sin which we have committed before You by stubbornness,
For the sin which we have committed before You by running to do evil,
And for the sin which we have committed before You by tale bearing,
For the sin which we have committed before You by swearing in vain,
And for the sin which we have committed before You by harboring hatred in our hearts,
For the sin which we have committed before You by embezzlement,
And for the sin which we have committed before You by a confused and impure heart,

FOR ALL THESE, G-D OF REDEMPTION, FORGIVE US, AND GRANT US REDEMPTION THROUGH THE SACRIFICE OF OUR MESSIAH.

Notes: In some Orthodox Jewish congregations the Al Chet (lit. "for the sin") prayer is recited up to 9 times, beginning at the Mincha (late afternoon) service preceding Yom Kippur (Day of Atonement). At our congregation we say it corporately once during Yom Kippur. It is an ancient confessional prayer found as early as the Siddur of Amran Gaon (of Sura:d.c.875). Today, it consists of a detailed listing of sins arranged according to the Hebrew alphabet, each verse opening with the formula: "Al Chet she-hatanu lefanecha." ("For the sin we have committed against You [or sinned before You].")

What follows is: "Ve-al kulam, Eloha selichot, selach lanu, mechal lanu, kaper lanu." ("For all these, L-rd of Forgiveness, forgive us, pardon us, grant us atonement.")

At Congregation Beth Simcha we say, "**FOR ALL THESE, G-D OF REDEMPTION, FORGIVE US, AND GRANT US REDEMPTION THROUGH THE SACRIFICE OF OUR MESSIAH.**"

As a symbol of contrition, worshippers in some congregations lightly beat their breasts each time the phrase, "For the sin..." is said, during the recitation of the Al Chet.

Proclaiming Yeshua (Jesus) as the Jewish Messiah
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