

Al Chet Prayer

For the sin that we have sinned before You under duress and willingly;
And for the sin that we have sinned before You through hardness of heart.
For the sin that we have sinned before You without knowledge;
And for the sin that we have sinned before You with the utterance of our lips.
For the sin that we have sinned before You in public or in private;
And for the sin that we have sinned before You through immorality.
For the sin that we have sinned before You through harsh speech;
And for the sin that we have sinned before You with knowledge and deceit.
For the sin that we have sinned before You through inner thoughts;
And for the sin that we have sinned before You through wronging a neighbor.
For the sin that we have sinned before You through insincere confession;
And for the sin that we have sinned against You in a session of vice.
For the sin that we have sinned before You willfully and carelessly;
And for the sin that we have sinned before You by showing contempt for parents and teachers.

For the sin we have sinned before You by exercising power;
And for the sin we have sinned before You through desecration of the name.
For the sin that we have sinned before You through foolish speech;
And for the sin that we have sinned before You through impure lips.
For the sin that we have sinned before You with evil inclination;
And for the sin that we have sinned before You against those who know and against those who do not know.

For All These, O God Of Forgiveness Forgive Us, Pardon Us, Atone For Us.

For the sin that we have sinned before You by causing subservience through bribery.
And for the sin that we have sinned before You through denial and false promise.
For the sin that we have sinned before You through evil talk;
And for the sin that we have sinned before You through scorning.
For the sin that we have sinned before You in commercial dealings;
And for the sin that we have sinned before You with food and drink.
For the sin we have sinned before You through interest and extortion;
And for the sin we have sinned before You through haughtiness.
For the sin we have sinned before You with prying eyes;
And for the sin we have sinned before You with idle chatter of our lips.
For the sin we have sinned before You with haughty eyes;
And for the sin we have sinned before You with brazenness.

For All These, O God Of Forgiveness, Forgive Us, Pardon Us, Atone For Us.

For the sin we have sinned before You for throwing off (Your) yoke;
And for the sin we have sinned before You in Judgment.

For the sin we have sinned before You through entrapping a neighbor;
And for the sin we have sinned before You through a begrudging eye.
For the sin we have sinned before You through light-headedness;
And for the sin we have sinned before You with obstinacy.
For the sin we have sinned before You with legs that run to do evil;
And for the sin we have sinned before You by gossip-mongering.
For the sin we have sinned before You by vain oath-taking;
And for the sin we have sinned before You through baseless hatred.
For the sin we have sinned before You in the matter of extending a hand;
And for the sin we have sinned before You through confusion of heart.
For All These, O God Of Forgiveness, Forgive Us, Pardon Us, Atone For Us.

Reference: <http://jewishroots.net/library/prayer/al-chet-prayer.html>