



Act of Contrition

Oh my God,

I am heartily sorry for having offended You,
And I detest all my sins because of Your just punishment,
But most of all because I have offended You, my God,
Who are all good and deserving of all my love.

I firmly resolve, with the help of Your grace,
To sin no more and to avoid the near occasion of sin.

Our Savior, Jesus Christ, suffered and died for us.

In his name, my God, have mercy.

Amen.

