

A person is shown in profile from the chest up, facing left. Their right hand is raised to their face, with fingers spread, as if in a gesture of prayer or distress. The person has dark hair and is wearing a dark-colored shirt. The background is a solid, vibrant blue. The overall mood is contemplative and solemn.

O my God,

I am heartily sorry for having offended you,
and I detest all my sins because I dread the loss of
heaven and the pains of hell, 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 confess my sins, to do penance,
and to amend my life. Amen.