

Act of Contrition

(4 versions)

1) O my God, I am sorry for having offended You.
I detest all my sins because of Your just punishments,
but most of all because they offend 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.

2) O my God, I am heartily sorry for having offended You,
and I detest all my sins because of Your just punishments,
but most of all because they offend 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. Amen.

3) My God,
I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you Whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In His Name, my God have mercy. Amen.

4) O my God, I am sorry for my sins.
In choosing to sin, and failing to do good,
I have sinned against You and Your church.
I firmly intend, with the help of Your Son,
to make up for my sins
and to love as I should. Amen.