



Act of Contrition

**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.