

Act of Contrition

O my God, I am heartily sorry
for having offended Thee,
and I detest all my sins,
because of Thy just punishments,
but most of all,
because they offend Thee, my God,
Who art all good and deserving of all my love.
I firmly resolve,
with the help of Thy grace,
to sin no more
and to avoid the near occasions of sin. Amen.