

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