

# **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 is 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