

## **Act of Contrition**

Oh, my God, I am heartily sorry for having offended thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell, but most of all because I offended you my God, who art all good and deserving of my love. I firmly resolve with the help of Thy grace to confess my sins, to do penance and to avoid the near occasions of sin.  
Amen

or

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.