



The Act of Contrition Prayer

Practice reading this prayer with someone. Stop after each sentence and “say something” about what you just read in the prayer (ex. Talk about what that part means to you, share any questions you might have, discuss a tricky word, etc.)

Act of Contrition

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

Amen.