



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.