

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.