

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.*