

An Act of Contrition

O my God,
I am heartily sorry for having offended you and I detest all my sins,
because I dread the loss of heaven and the pains of hell.
But most of all because I have offended you, my God, who are all good and deserving
of all my love.
I firmly resolve with the help of your grace, to confess my sins, to do penance and to
amend my life.
Amen.