

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 suf-
fered and died for us.
In His name, my God, have
mercy. Amen.