

Act of Contrition

O my God, I am heartily sorry
for having offended Thee,
and I detest all my sins
because of Thy just punishments,
but most of all because they
offend Thee, my God,
Who art all-good and
deserving of all my love.

I firmly resolve,
with the help of
Thy grace,
to sin no more
and to avoid
the near occasions
of sin.