



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.