



ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell. But most of all, because they offend Thee, my God, who are all good and deserving of all my love.

I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life.

AMEN