

## **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  
they offend 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.