



## ACT OF CONTRITION

O my God, I am heartily sorry  
for having offended Thee,

and I detest all my sins  
because of Thy just punishment,

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 occasion of sin.

Amen.