

The 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