

Act of Contrition

O my God, I am heartily sorry for having offending thee
And I detest my sins most sincerely, because I dread the
loss of Heaven and the fires of Hell. But most of all because
I have offended you my God who is 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 amend my life.

-Amen