

# 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 art 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.