

AN 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 are 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.