

Act of Contrition

O my God, I am heartily sorry for having offended you, and I detest all my sins because of your just punishments, 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 sin no more and to avoid all that leads me to sin. Amen

Or

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good I have sinned against You whom I should love above all things. I firmly intend, with the help of Your Grace, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.