

## 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