



ACT OF CONTRITION PRAYER

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, O Lord, have
mercy.