

Act of Contrition

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 your help,
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.
Amen

Act of Contrition (Traditional)

O my God,
I am heartily sorry
for having offended Thee,
and I detest all my sins
because of Thy just punishment,
but most of all because I have offended 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