

## 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.