

## **An Act of Contrition**

O my God,  
I am heartily sorry for having offended you,  
and I detest all my sins  
because I fear the loss of heaven  
and the pains of hell,  
but most of all because I offend Thee, my God,  
Who are 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.