

**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.**