

**Act of Contrition**

**O my God, I am heartily sorry  
for having offended you,  
And I detest all my sins  
because of your just punishments  
But most of all because  
they offend you, my God,  
Who are all good  
and deserving of all my love.  
I firmly resolve,  
with the help of your grace,  
To sin no more and  
to avoid the near occasions of sin.**

**Amen**