

Acts of Contrition

suitable for the Sacrament of Penance

O my God, I am very sorry
that I have sinned against You
because You are so good;
and, with Your help, I will not sin again. Amen.

O my God, I am sorry and beg pardon for
all my sins and detest them above all things,
because they deserve Your dreadful
punishments, because they have crucified
my loving Saviour, Jesus Christ,
and, most of all, because they offend Your
infinite goodness. And I firmly resolve, by the
help of Your grace, never to offend You again,
and carefully avoid the occasions of sin. Amen

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 saviour Jesus Christ suffered
and died for us. In His name, my God,
have mercy. Amen.

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