

Act of Contrition



O my God, I am heartily sorry
for having offended Thee,
and I detest all my sins
because I dread the loss of
Heaven and the pains of hell,
But most of all because they
have offended Thee, my God,
Who art 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

Name:

Grade & Section: