

## 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 do whatever leads me to sin.

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