

Act of Contrition

1. 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.

OR

2. Oh my God, I thank you for loving me. I am sorry for all my sins, for not loving others and for not loving you. Help me to live like Jesus and not sin again.

OR

3. Any spontaneous prayer that tells God you are sorry, that you will mend your ways and avoid what leads to sin is a good Act of Contrition.