

ACT *of* CONTRITION

“O my God, I am heartily sorry
for having offended You, and I detest 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 confess my sins, to do penance,
and to amend my life. Amen.”