

## *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 avoid  
whatever leads me to sin.*

*Our Savior Jesus Christ suffered and  
died for us. In His name.*

*My God have mercy.*



## *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 avoid  
whatever leads me to sin.*

*Our Savior Jesus Christ suffered and  
died for us. In His name.*

*My God have mercy.*



## *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 avoid  
whatever leads me to sin.*

*Our Savior Jesus Christ suffered and  
died for us. In His name.*

*My God have mercy.*



## *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 avoid  
whatever leads me to sin.*

*Our Savior Jesus Christ suffered and  
died for us. In His name.*

*My God have mercy.*

