

An 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 offend Thee, my God,
Who are 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.

Another Act of Contrition

O my God, I am sorry
and repent with all my heart
for all the wrong I have done
and for the good I have failed
to do,
because by sinning
I have offended You,
who are all good and worthy
to be loved above all things.
I firmly resolve,
with the help of Your grace,
to do penance, to sin no more,
and to avoid the occasions of sin.
Through the merits
of the Passion
of our Savior Jesus Christ,
Lord, have mercy.



JESUS I TRUST IN YOU



Lord Jesus Christ, Son of God,
have mercy on me, a sinner.