

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 Saviour Jesus Christ
suffered and died for us.
In his name, my God have mercy.
Amen.**