**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.  
Amen.

**Traditional Act of Contrition**

Oh, 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.