



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

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.