

Act of Contrition

O my God,
I am heartfully sorry for having offended You,
And I detest all my sins,
Because of Your just punishments,
But most of all,
Because they offend You, my God,
Who are all good and deserving of all my love.
I firmly resolve with the help of Your grace
To sin no more,
And to avoid the near occasions of sin.

Amen

Simple Act of Contrition

O my God, I am sorry for my sins
Because they have offended You.
With Your help, I will sin no more.
Amen.