

### **Acts of Contrition**

*suitable for the Sacrament of Penance*

O my God, I am very sorry  
that I have sinned against You  
because You are so good;  
and, with Your help, I will not sin again. Amen.

O my God, I am sorry and beg pardon for  
all my sins and detest them above all things,  
because they deserve Your dreadful  
punishments, because they have crucified  
my loving Saviour, Jesus Christ,  
and, most of all, because they offend Your  
infinite goodness. And I firmly resolve, by the  
help of Your grace, never to offend You again,  
and carefully avoid the occasions of sin. Amen

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.

### **Acts of Contrition**

*suitable for the Sacrament of Penance*

O my God, I am very sorry  
that I have sinned against You  
because You are so good;  
and, with Your help, I will not sin again. Amen.

O my God, I am sorry and beg pardon for  
all my sins and detest them above all things,  
because they deserve Your dreadful  
punishments, because they have crucified  
my loving Saviour, Jesus Christ,  
and, most of all, because they offend Your  
infinite goodness. And I firmly resolve, by the  
help of Your grace, never to offend You again,  
and carefully avoid the occasions of sin. Amen

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.

### **Acts of Contrition**

*suitable for the Sacrament of Penance*

O my God, I am very sorry  
that I have sinned against You  
because You are so good;  
and, with Your help, I will not sin again. Amen.

O my God, I am sorry and beg pardon for  
all my sins and detest them above all things,  
because they deserve Your dreadful  
punishments, because they have crucified  
my loving Saviour, Jesus Christ,  
and, most of all, because they offend Your  
infinite goodness. And I firmly resolve, by the  
help of Your grace, never to offend You again,  
and carefully avoid the occasions of sin. Amen

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.

### **Acts of Contrition**

*suitable for the Sacrament of Penance*

O my God, I am very sorry  
that I have sinned against You  
because You are so good;  
and, with Your help, I will not sin again. Amen.

O my God, I am sorry and beg pardon for  
all my sins and detest them above all things,  
because they deserve Your dreadful  
punishments, because they have crucified  
my loving Saviour, Jesus Christ,  
and, most of all, because they offend Your  
infinite goodness. And I firmly resolve, by the  
help of Your grace, never to offend You again,  
and carefully avoid the occasions of sin. Amen

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.