

ACT OF CONTRITION (Traditional)

O my God,
I am heartily sorry for
having offended You,
and I detest all my sins,
because of Your just punishment;
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 occasion of sin.

ACT OF CONTRITION (Contemporary)

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.