



## 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.**

