**Act of Contrition**

Oh, 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 I offended you my God, who art all good

and deserving of my love. I firmly resolve with the help of Thy grace

to confess my sins, to do penance and to amend my life. Amen