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.

Amen

MEANING

I admit to God that I have behaved selfishly and in unloving ways. I am truly sorry.

Because I decided to do things that were wrong,

And I didn’t do things I should have done,

I have hurt you, God, whom I should love more than anything else.

With your help, I promise

To do things to make up for the harm I have done,

To change and be a more loving person,

And to stay away from the people and occasions that might tempt me.

Jesus gave up his life so that I could get to Heaven. Because of this, I ask you to please forgive me.

I believe this is true.