

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.

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