

# **The 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.**

**Amen**