

ACT OF CONTRITION

When you are unable to receive the Sacrament, make a sincere act of contrition:

*O my God, I am heartily sorry for having offended You,
and I detest all my sins, because of your just punishments,
but most of all because they offended You, my God,
who are all-good and deserve of all my love.*

*I firmly resolve with the help of your grace,
to sin no more and to avoid
the near occasions of sin. Amen.*

OR:

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.*

OR:

*Father of Mercy,
like the prodigal son
I have returned to you and say:
"I have sinned against you
And am no longer worthy to be called your son (daughter)."*

*Christ Jesus, Savior of the world,
I pray with the repentant thief
To whom you promised Paradise:
"Lord, remember me in your kingdom."*

*Holy Spirit, fountain of love,
I call on you with trust:
"Purify my heart, and help me to walk as a child of light. Amen."*