



The Act of Contrition prayer

O 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 they offend Thee, my
God,
who art all-good and deserving of all my love.
I firmly resolve, with the help of Thy grace,
to confess my sins, to do penance,
and to amend my life.
Amen.

Text and its source: saintsencyclopedia.com/prayers/act-of-contrition/

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