

Acts 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

O, my God, I am heartily sorry for having offended you. I detest all my sins because of your just punishment, but most of all because they offend you, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

O my God, I am sorry for my sins because I have offended you. I know I should love you above all things. Help me to do penance, to do better, and to avoid anything that might lead me to sin. Amen.

O Lord Jesus, lover of our souls, who, for the great love with which You loved us, willed not the death of a sinner, but rather that he should be converted and live, I grieve from the bottom of my heart that I offended You, my most loving Father and Redeemer, to whom all sin is infinitely displeasing, who so loved that You shed Your blood for me, and endured the bitter torments of a most cruel death. O my God, my infinite Goodness, would that I never offended You. Pardon me, O Lord Jesus, as I most humbly implore Your mercy. Have pity on a sinner for whom Your blood pleads before the face of the Father.

O merciful and forgiving Lord, for the love of You, I forgive all who have ever offended me. I firmly resolve to forsake and flee from all sins, and to avoid the occasions of them, to confess, in bitterness of spirit, all those sins which I committed against Your divine goodness, and to Love You, O my God, for Your own sake, above all things and for ever. Grant me grace so to do, most gracious Lord Jesus.

Merciful Father, I am guilty of sin. I confess my sins before you and I am sorry for them. Your promises are just; therefore I trust that you will forgive me my sins and cleanse me from every stain of sin. Jesus himself is the proposition for my sins and those of the whole world. I put my hope in his atonement. May my sins be forgiven through his name, and in his blood may my soul be made clean. Amen

O my God, I am heartily sorry for having offended You. I detest all my sins because I dread the loss of Heaven and the pains of hell. But most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace to confess my sins, to do penance and to amend my life. Amen.

Forgiving God, I am sorry for the wrong choices I have made. I am sorry for the times that I have been lost from You. I know that You forgive me and that You rejoice when I come back to You. I thank You for the feeling of peace that comes from Your forgiveness. Help me to forgive others. Help me to share Your peace with the people around me. Amen.

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Lord, have mercy on me, a sinner!