

Cut along dotted line (US Size 5x7 inches)

Most recent or ecumenical version

Act of Contrition

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 are 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.

Traditional version

Act of Contrition

Oh my God, I am heartily sorry for having offended thee, and I detest all my sins because of Thy just punishments.

But most of all because they offend Thee, my Lord, who art all good and are deserving of my love.

I firmly resolve, with the help of thy Grace, to sin no more and to avoid the near occasions of sin.

Amen.