

Acts of Contrition

Choose one that you are comfortable saying.

Lord Jesus Christ, have mercy on me, a sinner.

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, 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.

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.

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

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