

An Act of Contrition $\triangleleft\triangleright$ Expression of Sorrow $\triangleleft\triangleright$ Prayer of Sorrow

1

Lord Jesus,
Son of God,
have mercy on me,
a sinner. Amen.



2

O my God I am sorry that I
have sinned against you.
You are good, and with the
help of your grace,
I will not sin again. Amen.

3

My God, in choosing
to do wrong, I acted
against your love for me.
I am sorry for all my sins
with all my heart.
I firmly intend, with your
grace, to do penance, to
sin no more, and to avoid
whatever leads me to sin.
My God have
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