

ACT OF CONTRITION

God I am sorry from my heart
for offending you,
and I hate 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 change my life. Amen

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