

Act of Contrition

The Act of Contrition is the prayer the penitent prays after confessing his/her sins in the Sacrament of Reconciliation. It is an expression of sorrow for sins and a promise by the penitent to try to conquer sin in his/her life.

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.
Amen.

OR

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.