



Act of Contrition for children

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.

Act of Contrition Traditional

O my God,
I am heartily sorry for having offended You,
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 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 amend my life. Amen.

