

ACT OF CONTRITION

(Prayer during Reconciliation)

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, who I love
above all things.
I firmly intend, with your
help, to do penance, to sin
no more, and to avoid things
that lead me to sin.



Amen



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