

Act of Contrition

The traditional Act of Contrition, and forms from the Order of Penance, nos. 45 and 92 (USCCB).

Act of Contrition

O my God, I am heartily sorry for having offended Thee; 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 Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Act of Contrition (Newer Form)

O my God, I am sorry and repent with all my heart for all the wrong I have done and for the good I have failed to do, because by sinning I have offended you, who are all good and worthy to be loved above all things. I firmly resolve, with the help of your grace, to do penance, to sin no more, and to avoid the occasions of sin. Through the merits of the Passion of our Savior Jesus Christ, Lord, have mercy.

Short Form

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