

An Act of Contrition <|> Expression of Sorrow <|> Prayer of Sorrow

1

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

2

O my God I am sorry that I
have sinned against you.
You are good, and with the
help of your grace,
I will not sin again. Amen.

3

My God, in choosing
to do wrong, I acted
against your love for me.
I am sorry for all my sins
with all my heart.
I firmly intend, with your
grace, to do penance, to
sin no more, and to avoid
whatever leads me to sin.
My God have
mercy on me. Amen.

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