**Act of Contrition**

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 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.