
ACT OF CONTRITION

A Prayer of Sorrow and Trust in God's Mercy

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 Saviour Jesus Christ, suffered and died for us.

In His name, my God, have mercy. Amen.



ST. PIO OF PIETRELCINA PARISH
ONE FAMILY IN CHRIST

