

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 are 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

Confiteor:

I confess to Almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the saints, that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore, I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the saints, to pray to the Lord our God for me.

May Almighty God have mercy on me, forgive me my sins, and bring me to everlasting life. Amen.

May the Almighty and merciful Lord grant me pardon, absolution, and remission of all my sins. Amen.