

### Act of Contrition 1

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 Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

### Act of Contrition 2

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 sin no more and avoid the near occasions of sin. Amen.

### ACTO DE CONTRICION

O mi Dios, me arrepiento de todo corazón de haberte ofendido porque por mis pecados he perdido el cielo y merecido el infierno pero mucho mas porque por mis pecados he ofendido a ti que eres infinitamente bueno y digno de todo mi amor. Propongo firmamente con l'ayuda de tu gracia confesar mis pecados, cumplir la penitencia que me fuera impuesta y emendar mi vida. Amen.