



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



FOR MORE RECONCILIATION RESOURCES,
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The Roman Catholic Diocese of
BATON ROUGE