



A CLEAN HEART CREATE FOR ME, GOD.  
RENEW WITHIN ME A STEADFAST SPIRIT.  
– PSALM 51:12

### 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, 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.

Amen

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O my God,  
I am sorry for my sins,  
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I firmly intend,  
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Amen

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