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](http://www.catholic.org/encyclopedia/view.php?id=10849) no more, and to avoid whatever leads me to sin. Our Savior [Jesus](http://www.catholic.org/clife/jesus) [Christ](http://www.catholic.org/clife/jesus) suffered and died for us. In his name, my God, have mercy.