

ACT OF CONTRITION PRAYER CARDS

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.

In the name of Jesus, our Savior,
Have mercy on me.
AMEN

Number of sins asking
forgiveness for: _____

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