

Prayer of Perfect Contrition

*My God, please grant me perfect sorrow for my sins.
Jesus, Savior of the world,
In the midst of your passion on the cross,
you suffered for me and gave your life to
purify me from my sins.
Separate me from any sinful desires. Amen.*

Act of Contrition

*O my God, I am heartily sorry for having offended you,
and I detest all my sins because of your just punishment,
but most of all because they offend you,
my God, who are all good and deserving of all my love.
I firmly resolve with the help of your grace
to sin no more and to avoid the near occasion of sin. Amen.*



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