

An Act of Contrition

When you go to confession, the priest will ask you to make an act of contrition or say a 'sorry' prayer.

You can express your sorrow however you like in prayer but below is a simple act of contrition you might like to use:

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.