

www.williamcdermott.com

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because I have offended You; my God, who are all good and deserving of all my **love**. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.