

# Act of Contrition Examples

## Prayer # 1

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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.  
AMEN

## Prayer #3

Lord Jesus, Son of God,  
have mercy on me,  
a sinner. AMEN

## Prayer #2

Lord Jesus, you chose to be called the friend of sinners. By your saving death and resurrection, free me from my sins. May your peace be in my heart and bring forth love, holiness and truth.  
AMEN

## Prayer #4

Lord Jesus, I'm sorry that I sinned. Please forgive me. Thank you for loving me. With your help I will do penance and try not to sin again.  
AMEN