

## **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 of 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*

## **Pledge of Future Reconciliation**

*Lord, whenever the opportunity may be available to me,  
I resolve to make a sacramental confession.  
But, come now and bring your healing grace.  
Amen*

## **Prayer of Spiritual Communion by St. Alphonsus Ligouri**

*My Jesus, I believe that you are present in the most Blessed Sacrament.  
I love you above all things  
and I desire to receive You into my soul.  
Since I cannot now receive you sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already here,  
and unite myself wholly to you.  
Never permit me to be separated from You.  
Amen*