



THE LIGHT IS ON FOR YOU



ROMAN CATHOLIC DIOCESE OF BATON ROUGE

Act of Contrition

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 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 confess my sins, do penance, and to amend my life.

Amen.