



THE LIGHT IS ON FOR YOU

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.*