



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 Saviour Jesus Christ,
suffered and died for us.
In His name, my God, have mercy. Amen.