



EVERY CATHOLIC'S PRAYERS

ACT OF CONTRITION — ACTUS CONTRITIONIS

Prayer of the Church

Said in confession, and every night before sleep



LATIN

Deus meus, ex toto corde
paenitet me omnium
meorum peccatorum, eaque
detestor, quia peccando, non solum
poenas a te iuste statutas promeritus
sum, sed praesertim quia offendi te,
summum bonum, ac dignum qui
super omnia diligaris. Ideo firmiter
propono, adiuvante gratia tua, de
cetero me non peccaturum
peccandique occasiones proximas
fugituum. Amen.

ENGLISH

O my God, I am heartily sorry
for all my sins, and I detest
them, because in sinning I have
deserved the punishments you have
justly decreed, but most of all
because I have offended you, the
highest good, who are worthy to be
loved above all things. Therefore I
firmly resolve, with the help of your
grace, to sin no more and to avoid
the near occasions of sin. Amen.

