

Here are a few different forms of the Act of Contrition. Please use whichever you wish:

1. The Act of Contrition as found in such sources as the Baltimore Catechism.

Oh My God, I am heartily sorry for having offended Thee and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and avoid the near occasions of sin.

2. Recent Version 1992

Oh 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 Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

3. Version in use, circa 1980

O my God, I am sorry for my sins. In choosing to sin, and failing to do good, I have sinned against You and Your Church. I firmly intend, with the help of Your Son, to make up for my sins, and to love as I should.

4. Version in use, circa 1970

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

5. Irish version in use in 1960s

O my God, I am heartily sorry for having offended Thee and I detest my sins above every other evil because they displease Thee, my God, Who, in Thy infinite wisdom, art so deserving of all my love and I firmly resolve with the help of Thy grace never more to offend Thee and to amend my life.

6. Alternative version

My Lord, I am heartily sorry for all my sins, help me to live like Jesus and not sin again.