Act of Contrition 1

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. Amen.

Act of Contrition 2

O my God, I am heartily sorry for having offended Thee, 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 Thee, my God, Who art all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

Act of Contrition 3

O my God, I am sorry with my whole heart for all my sins, and I hate them, not only because by sinning I have deserved the punishments appointed by Thee, but especially because I have offended Thee, the Supreme Good, Who art worthy to be loved above all things. Therefore I firmly resolve with the help of Thy grace not to sin again, and carefully to avoid the immediate occasions of sin.

Act of Contrition 4

O my God, I am exceedingly grieved for having offended thee: and, with my whole heart, I repent of the sins I have committed: I hate and abhor them, above every other evil, not only because, by so sinning, I have lost heaven, and deserve hell, but still more because I have offended thee, O infinite Goodness, who art worthy to be loved above all things. I most firmly resolve, by the assistance of thy grace, never more to offend thee for the time to come, and to avoid those occasions which might lead me into sin. (Liturgical Year)

Act of Contrition 5

O my God! How little have I served Thee in time past! How greatly have I sinned against Thee! I acknowledge my iniquity, and my sin is always before me. But I repent, O Lord, I repent. I am heartily sorry that I have spent that time in offending Thee which Thou gavest me to be employed in Thy service, in advancing the good of my own soul, and obtaining everlasting life. I am sorry, above all things, that I have offended Thee, because Thou art infinitely good, and sin is infinitely displeasing to Thee. I desire to love Thee with my whole heart, and I firmly purpose, by the help of Thy grace, to serve Thee more faithfully in the time to come. Receive, I beseech Thee, the offering I now make to Thee of the remainder of my life. I renew the vows and promises made in my baptism. I renounce the devil, and all his works, the world, and all its pomps. I now begin, and will endeavor to spend this day according to Thy holy will, performing all my actions in a manner pleasing unto Thee. I will take particular care to avoid the failings I am so apt to commit, and to exercise the virtues most agreeable to my state and employment. (St. Andrew's Missal)