

## AN ACT OF CONTRITION

Forgive me my sins, O Lord, forgive me my sins; the sins of my youth, the sins of my age, the sins of my soul, the sins of my body, my idle sins, my serious voluntary sins, the sins I know, the sins I do not know; the sins I have concealed so long, and which are now hidden from my memory.

I am truly sorry for every sin, mortal and venial, for all the sins of my childhood up to the present hour.

I know my sins have wounded Thy Tender Heart, O my Saviour, let me be freed from the bonds of evil through the most bitter passion of my Redeemer. Amen.

O my Jesus, forget and forgive what I have been.

Amen