

# PRAYER OF THE PENITENT (Act of Contrition)



O my God,  
I am sorry and repent  
with all my heart  
for all the wrong I have done  
and for the good  
I have failed to do,  
because by sinning  
I have offended you,  
who are all good and worthy  
to be loved above all things.  
I firmly resolve,  
with the help of your grace,  
to do penance,  
to sin no more,  
and to avoid the occasions of  
sin.  
Through the merits  
of the Passion  
of our Savior Jesus Christ,  
Lord, have mercy.

Or:

Remember, Lord,  
the compassion and mercy  
you showed long ago.  
Do not recall  
my sins and failings.  
In your mercy remember me,  
Lord,  
because of your goodness.

(Ps 25 [24]:6-7)

Or:

Wash me, O Lord, from my  
iniquity and cleanse me  
from my sin.  
I acknowledge my offense;  
my sin is before me always.

(Ps 51 [50]:4-5)

Or:

Father,  
I have sinned against you  
and I am not worthy  
to be called your son.  
Be merciful to me, a sinner.

(Lk 15:18; 18:13)

Or:

O God, most merciful Father,  
like the Prodigal Son,  
I turn to you and say:  
I have sinned against you;  
I am no longer worthy  
to be called your child.

O Jesus Christ,  
Savior of the world,  
like the thief  
to whom you opened  
the gates of paradise,  
I beg you:  
Lord, remember me  
in your Kingdom.

O Holy Spirit, fount of love,  
with trust I call upon you:  
Purify me;  
make me walk  
as a child of the light.

Or:

Lord Jesus,  
who opened the eyes  
of the blind,  
healed the sick,  
forgave the sinful woman,  
and, after his denial,  
confirmed Peter in your love,  
hear my plea:  
forgive all my sins,  
renew me in your love,  
and grant that I may live  
in perfect communion  
with my brothers and sisters  
and so proclaim  
your salvation to all.

Or:

Lord Jesus,  
who chose to be called  
the friend of sinners,  
through the mystery of your  
Death and Resurrection,  
free me from my sins.  
May your peace grow strong  
in me,  
that I may bear the fruits  
of charity, justice, and truth.

Or:

Lord Jesus Christ,  
Lamb of God,  
who take away  
the sin of the world,  
through the grace  
of the Holy Spirit  
be pleased to reconcile me  
with your Father;

cleanse me in your Blood  
from every fault  
and make me fully alive to  
the praise of your glory.

Or:

Have mercy on me, O God,  
according  
to your merciful love;  
turn your face from my sins  
and blot out all my guilt;  
create a pure heart in me,  
O God,  
renew an upright spirit  
deep within me.

Or:

Lord Jesus, Son of God,  
have mercy on me, a sinner.

Or:

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