

# SACRAMENT OF RECONCILIATION



*Christ, Man of Sorrows*  
by the school of Jan Mostaert

## ACT OF CONTRITION

**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 are 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.

**R** Amen.

**Contrition is "sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again"**  
(Catechism of the Catholic Church # 1451)