

***An Act of Perfect Contrition:***

Find a quiet time to examine your conscience...

Go to the Lord directly in prayer...

Tell him your sins, express your sincere sorrow and a desire to change...

Have the intention of making a *sacramental confession* ASAP...

Say an Act of Contrition:

**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. *Amen.***