



Act of Contrition

Choose One:

Wash me of my guilt and cleanse me of my sin, I acknowledge my offense: My sin is before me always. (Psalm 50: 4-5)

Or

Remember, Lord, your compassion and mercy which you showed long ago. Do not recall the sins and failings of my youth. In your mercy remember me, Lord, because of your goodness. (Psalm 24: 6-7)

Or

Father, I have sinned against you and am not worthy to be called your son/daughter. Be merciful to me a sinner. (Luke 15:18, 18:13)