

THE ACT OF CONTRITION (PRAYER OF REPENTANCE)

The Act of Contrition is a vital prayer of repentance utilized during preparation for the Sacrament of Reconciliation (Confession). It expresses the soul's deep sorrow for sins committed, together with a firm purpose of amendment. This booklet contains traditional canonical acts of contrition in multiple languages.

1. Traditional Act of Contrition (English)

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

2. Latin Original (Actus Contritionis)

"Deus meus, ex toto corde paenitet me tibi offendisse, ac detestor omnia peccata mea, quia tuam iustam poenam promeritus sum, sed praesertim quia te offendi, summum bonum, ac dignum qui super omnia diligatur. Ideo firmiter propono, adiuvante gratia tua, de cetero me non peccaturum peccandique occasiones proximas fugitum. Amen."

3. Perfect vs. Imperfect Contrition

- Perfect Contrition (contritio) arises from pure love of God, Who is infinitely good and perfect. Combined with the resolution to go to confession as soon as possible, it immediately forgives mortal sins and restores the soul to a state of grace.
- Imperfect Contrition (attritio) arises from fear of punishment or loss of heaven. It is sufficient for a valid confession with a priest, but does not forgive mortal sins outside the sacrament.