

Act of Sorrow

Learn it in six weeks!

(Week 1)

My God, I am sorry for my sins with all my heart.

(Week 2)

In choosing to do wrong and failing to do good.

(Week 3)

**I have sinned against you whom I should love
above all things.**

(Week 4)

**I firmly intend, with your help to do penance,
to sin no more, and to avoid whatever leads me to sin.**

(Week 5)

**Our savior Jesus Christ
suffered and died for us.**

(Week 6)

**In his name, my God, have mercy.
Amen**