



**O my God,  
I am heartily sorry for having  
offended you,  
and I detest all my sins  
because of your just  
punishments,  
but most of all because they  
offend you, my God,  
who are all good and  
deserving of all my love.  
I firmly resolve, with the help  
of your grace,  
to sin no more  
and to avoid the near  
occasions of sin.  
Amen.**