

# Act of Contrition

## Handwriting Practice

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.