

ACT OF FAITH

O My God! I firmly believe that Thou art one God in three Divine Persons, the Father, the Son and the Holy Ghost; I believe that Thy divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived.

ACT OF HOPE

O my God! Relying on Thine infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

ACT OF CHARITY

O my God! I love Thee above all things, with my whole heart and soul, because Thou art all good and worthy of all love. I love my neighbor as myself for love of Thee. I forgive all who have injured me and ask pardon of all whom I have injured.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee and I detest all my sins because I dread the loss of heaven and the pains of hell, 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 confess my sins, to do penance, and to amend my life. Amen.