

ACT OF FAITH

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man, died for our sins, and will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them. You are eternal truth and wisdom. You can neither deceive nor be deceived. In this faith I intend to live and die. Amen

ACT OF HOPE

O my God, I hope by your grace for the pardon of all my sins and, after life here, to gain eternal happiness because you, who are infinitely powerful, faithful, kind, and merciful, have promised it. In this hope I intend to live and die. Amen.

ACT OF LOVE

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all I have injured. In this love I intend to live and die. Amen.

ACT OF CONTRITION

O my God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. My Savior Jesus Christ suffered and died for me. In his name, my God, have mercy. Amen.

PRAYER OF COMMITMENT

O Lord God, as we lay down to sleep in your arms this night, if you take one of us before we wake, grant the other grace, mercy, and peace. Amen