

ACT OF FAITH

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

ACT OF HOPE

O Lord God, we 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 we intend to live and die. Amen.

ACT OF LOVE

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

ACT OF CONTRITION

O Lord God, we are sorry for our sins with all our hearts. In choosing to do wrong and failing to do good, we have sinned against you whom we should love above all things. We firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads us to sin. Our Savior Jesus Christ suffered and died for us. In his name, our God, have mercy. Amen.