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ACT OF CONTRITION

My Loving Father, forgive me. Infused in Your Most Holy Will, and as Your little child, allow me to confess my sorrow for offending You with all my sins, weaknesses, defects and miseries. I know that in the same instant I was offending You, You were loving me with a love no soul could ever imagine. Your Will will be my strength and my hope to never offend You again!

Heavenly Mother, as my Mother, I offer you this holy intention and ask you to please, through Your Immaculate Heart, give me the immense graces I will need to never again offend my Heavenly Father! Amen.