



ACT OF CONTRITION

*O my God, I am heartily sorry
for having offended thee,
and I detest all my sins
because I fear 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 avoid the near
occasion of sin. Amen.*



MORNING OFFERING

*O my Jesus,
through the Immaculate Heart of Mary,
I offer you all my prayers, works, joys,
and sufferings of this day,
for all the intentions of your Sacred Heart,
in union with the Holy Sacrifice of the Mass
offered throughout the world,
in reparation for my sins,
for the intentions of my relatives and friends,
and in particular for the intentions
of the Holy Father. Amen.*



ACT OF SPIRITUAL COMMUNION

*My Jesus, I believe that you are present
in the Most Holy Sacrament.*

*I love you above all things,
and I desire to receive you into my soul.*

*Since I cannot at this moment
receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already
there and unite myself wholly to you.*

*Never permit me
to be separated from you. Amen.*