



O MY

Jesus

THROUGH THE

Immaculate Heart of Mary,

I OFFER THEE ALL MY
prayers, works, joys, and sufferings
OF THIS DAY, FOR ALL THE INTENTIONS OF

Thy Sacred Heart

IN UNION WITH THE

holy sacrifice of the Mass

OFFERED
THROUGHOUT
THE WORLD.

IN REPARATION FOR MY SINS,

AND FOR ALL
THE INTENTIONS OF



the

HOLY Father.

amen

 **JESUS**
O MY
 **THROUGH THE**
Immaculate Heart of Mary,
I OFFER THEE ALL MY
prayers, works, joys, and sufferings
OF THIS DAY, FOR ALL THE INTENTIONS OF
Thy Sacred Heart
IN UNION WITH THE
 *holy sacrifice of the Mass* **OFFERED**
THROUGHOUT
THE WORLD,
IN REPARATION FOR MY SINS,
AND FOR ALL  **the**
THE INTENTIONS OF **HOLY Father.**
 *amen* 

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 ARE ALL GOOD

AND DESERVING OF ALL MY LOVE.

I FIRMLY RESOLVE, WITH THE HELP OF
Thy grace, TO DO PENANCE,

AMEND MY LIFE,
AND AVOID THE
NEAR OCCASION OF SIN.

amen

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GOD

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HEARTILY
SORRY
FOR HAVING
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NEAR OCCASION OF SIN.

Amen