

THE ACT OF CONTRITION

TRADITIONAL CATHOLIC PRAYER
OTHER WORDS AND MUSIC JEAN PRATHER

**O MY JESUS, I'M MOST SORRY, I HAVE HURT YOU.
O MY JESUS, I'M MOST SORRY, I HAVE HURT YOU.
O MY JESUS, I'M MOST SORRY, I HAVE HURT YOU.**

**I DETEST ALL MY SINS BECAUSE OF PUNISHMENT, O LORD,
BUT MOST OF ALL BECAUSE I HAVE OFFENDED YOU, MY GOD.**

**O MY JESUS, I'M MOST SORRY, PLEASE FORGIVE ME.
O MY JESUS, I'M MOST SORRY, PLEASE FORGIVE ME.
O MY JESUS, I'M MOST SORRY, PLEASE FORGIVE ME.**

THE ACT OF CONTRITION

WORDS AND MUSIC JEAN PRATHER

**YOU ARE ALL GOOD, MY GOD, AND YOU DESERVE ALL OF MY LOVE,
WITH THE HELP OF YOUR GRACE, I NOW RESOLVE TO SIN NO MORE.**

**O MY JESUS, I'M MOST SORRY, HOW I LOVE YOU.
O MY JESUS, I'M MOST SORRY, HOW I LOVE YOU.
O MY JESUS, I'M MOST SORRY, HOW I LOVE YOU.**