

THE ACT OF CONTRITION

WORDS JEAN PRATHER
(TRADITIONAL CATHOLIC PRAYER)
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.**

**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.**