



TOUS TES PÉCHÉS CONFESSERAS
A TOUT LE MOINS UNE FOIS L'AN

Act of Contrition

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 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 amend my life.

Amen.

We should pray the Act of Contrition every day – whenever we notice ourselves to have fallen into some fault, and especially before retiring at the end of the day.

Our Lady of Fatima reminded us to go to Confession at least once a month. She also pleaded for us to amend our lives and to stop offending God, “for He is already too much offended!”

The Fatima Center

In Canada:

452 Kraft Rd.,
Fort Erie, ON L2A 4M7

In U.S.A:

P.O. Box 1470,
Buffalo, New York 14240

Call toll-free:

1-800-263-8160 1-905-871-7607

www.fatima.org Email: info@fatima.org

