

Act of Faith.

O My God, I firmly believe all that the holy Catholic Church believes and teaches, because thou, who art truth itself, hast revealed it.

Act of Hope.

O My God, relying upon thy promises and upon the merits of my Saviour, I hope with a firm confidence, that thou wilt grant me grace to observe thy commandments in this world, and to be rewarded in the next.

Act of Love or Charity.

O My God, who art worthy of all love, for thy infinite perfections, I love thee with my whole heart, and I love my neighbour as myself for the love of thee.

Act of Contrition.

O My God, I am heartily sorry for having offended thee, because thou art infinitely