



ACTS OF CONTRITION, FAITH, HOPE, AND CHARITY.

In the name of the Father, and of the Son, and of the Holy Ghost. Amen.

A PRAYER BEFORE THE ACTS.

Let us Pray.

O Almighty and Eternal God, grant unto us an increase of faith, hope, and charity; and that we may obtain what thou hast promised, make us to love and practise what thou commandest, through Jesus Christ our Lord. Amen.

AN ACT OF CONTRITION.

O my God! I am heartily sorry for having offended thee, and I detest my sins most sincerely, not only because by them I have lost all right to heaven, and have deserved the everlasting punishment of hell, but especially because they displease thee, my God, who art so deserving of all my love, for thy infinite goodness and most amiable perfections; and I firmly purpose, by thy holy grace, never more to offend thee.

AN ACT OF FAITH.

O my God! I firmly believe that thou art one only God, the Creator and Sovereign Lord of Heaven and Earth, infinitely great, and infinitely good; I firmly believe, that in thee, one only God, there are three Divine Persons, really distinct, and equal in all things, the Father, and the Son, and the Holy Ghost; I firmly believe in Jesus Christ, God the Son, who became Man; was conceived by the Holy Ghost and was born