

Catholic Church; because Thou art Truth itself, who canst neither deceive nor be deceived.

ACT OF HOPE

O my God ! relying on Thy promises and upon the merits of Jesus Christ, my Saviour, I most firmly hope in Thee, and trust that Thou wilt grant me grace to observe Thy commandments in this world and reward me in the next.

ACT OF CHARITY

O my God, who art infinite in every perfection and worthy of all my love, I love Thee with my whole heart, and I love my neighbor as myself for the love of Thee.

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