

*Act of Adoration.*

**O** MY God, I adore thee and acknowledge thee for my Creator and sovereign Lord, and the absolute Master of all things.

*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 good