

**An Act of Love or Charity.**

**O** MY GOD, Who art worthy of all my love, on account of Thy infinite perfections, I love Thee with all my heart, and I love my neighbor as myself for the love of Thee.

**An Act of Contrition.**

**O** MY GOD, I am heartily sorry for having offended Thee, because Thou art infinitely good and infinitely amiable, and because sin displeases Thee ; pardon me through the merits of Jesus Christ my Saviour ; I purpose, by the help of Thy holy grace, never more to offend Thee and to do penance.

**An Act of Thanksgiving.**

**O** MY GOD, I thank Thee for all the gifts I have received from Thee, especially for having created me, redeemed me by Thy Son, and made me a child of thy Church.

**An Act of Offering.**

**O** MY GOD, I have received all from Thee : I offer Thee my thoughts, my words, my actions, my life and possessions and to Thy service alone do I wish to employ them.

**An Act of Humility.**

**O** MY GOD, I am but dust and ashes, restrain that spirit of pride which arises in my soul, and teach me to despise myself, Thou Who resisteth the proud and giveth grace to the humble.

**An Act of Petition.**

**O** MY GOD, infinite source of all benefits, give me whatever is necessary for the life and health of my body, but especially the grace to perform Thy holy will in all things. Through Jesus Christ our Lord. Amen.

**The Ten Commandments of God.**

1st. I am the Lord thy God, thou shalt not have strange gods before me.

2nd. Thou shalt not take the name of the Lord thy God in vain.

3rd. Remember that thou keep holy the Sabbath day.

4th. Honor thy father and thy mother.

5th. Thou shalt not kill.

6th. Thou shalt not commit adultery.

7th. Thou shalt not steal.

8th. Thou shalt not bear false witness against thy neighbor.

9th. Thou shalt not covet thy neighbor's wife.

10th. Thou shalt not covet thy neighbor's goods.