



The Act of Contrition
handwriting page

O my God! I am
heartily sorry for
having offended Thee,
and I detest
all my sins,
because I dread the
loss of Heaven
and the pains of hell;
but most of all
because I have offended
Thee, my God,
who art all good and
deserving of all my
love. I firmly resolve
with the help of Thy
grace, to confess my
sins, to do penance,
and to amend my life.
Amen.

Handwriting practice lines consisting of 15 sets of three horizontal lines (top, middle, bottom) for tracing or writing practice.