



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.

A series of horizontal lines for handwriting practice, consisting of multiple sets of three lines (top solid, middle dashed, bottom solid) stacked vertically.