

How to Make an Act of Perfect Contrition

Whoever cannot receive the Sacrament of Penance,
because of prohibiting circumstances,
should cleanse his soul by acts of perfect contrition:
St. Maximilian Kolbe O.F.M.

As explained by the Baltimore Catechism, perfect contrition "is that which fills us with sorrow and hatred for sin, because it offends God, who is infinitely good in Himself and worthy of all love" (203).

Through an act of Perfect Contrition, you receive pardon for your sins outside of confession, even mortal sins, on condition that you determine to amend your life and make a firm resolution to go to Sacramental Confession as soon as this becomes possible for you.

Perfect contrition is a grace from God, so sincerely ask for this gift prior to making your act of contrition: "**My God, grant me perfect contrition for all my sins.**"

1. Kneel in front of a Crucifix (or imagine a Crucifix) and say to yourself:
"**Jesus, my God and my Savior, in the midst of Your agony, You remembered me, You suffered for me, You wished to wipe away my sins.**"
2. Contrition is "perfect" if you repent of your sins because you love God and are sorry for offending Him and causing the sufferings of Christ on the Cross.
Before the Crucified Christ, remember your sins, repent of them because they have brought Our Lord to His sufferings on the Cross. Promise Him, that with His help, you will not sin again.
3. Recite, slowly and sincerely, an act of contrition focused on the goodness of God and your love of Jesus:
"**O my God, because You are so good, I am very sorry that I have sinned against You, and by the help of your grace I will not sin again. Amen.**"
4. Make a firm resolution to go to sacramental confession as soon as practically possible.