

O my God,  
I am heartily sorry for having offended you,  
and I detest all my sins,  
because of your just punishments,  
but most of all because they offend You,  
my God,  
who are all-good and deserving of my love.  
I firmly resolve,  
with the help of Your grace,  
to sin no more  
and to avoid the near occasion of sin.  
Amen.