

Simple Prayers

Act of Faith

O my God, I believe in You.
What You say is always true.
I believe what the Church says too,
Because its words have come from You.

Act of Hope

O my God, You promise me
That if I'm good and try,
You'll take me up to heaven
When I shall come to die.
I'm sure You'll keep Your promise,
You'll help me, and I know
That after I have served You here
Back home to heaven I'll go.

Act of Contrition

(Long Form)

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 they offend 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.

Act of Love

O my God, You're very good,
That's why I love You so.
I love all people for Your sake;
You want me to, I know.

Act of Contrition

(Short Form)

O my God, I am sorry for all my sins
and I won't sin any more,
because You are so good
and I love You.

