



"Whoever can, should receive the Sacrament of Penance. Whoever cannot, because of prohibiting circumstances, should cleanse his soul by acts of perfect contrition.

This is a magnificent formula and lesson on how to make an act of perfect contrition.

**As most people know, there are two types of contrition:**

- **perfect:** out of love of God.
- **imperfect:** out of fear of Hell.

Catholic teaching distinguishes a twofold hatred of sin; one, perfect contrition, rises from the love of God Who has been grievously offended; the other, imperfect contrition, arises principally from some other motives, such as loss of heaven, fear of hell, the heinousness of sin

**NOTE:** One who is conscious of mortal sin may not receive the Holy Eucharist without prior sacramental confession.

The fact that we can always make an act of perfect contrition, in any circumstance, and at any time, is very consoling and very important to remember.

Especially when we think of our troops who are in harm's way. They may not have a chaplain in their battalion before entering battle. In that case, they should always say an act of perfect contrition.

Actually, not only in extraordinary circumstances should we make acts of perfect contrition. At any time, if we have the misfortune of committing a mortal sin, we should seek to reconcile ourselves with God as soon as possible by an act of perfect contrition, before going to confession.

Furthermore, even not being guilty of serious sin, we should make frequent acts of perfect contrition to ask forgiveness for the serious sins of the past, and for the venial sins of the present.

In doing so, we show our love for God. And we prove our aversion to sin, which offends Him. In doing so, we surely receive more abundant graces to sin no more. A highly recommended practice is to include an act of contrition in our "before bed" prayers.

### **Act of Contrition**

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 are 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.**