

AN ACT OF FAITH

O my God! I firmly believe that Thou art one God in three divine Persons, the Father, the Son and the Holy Ghost; I believe that Thy divine Son became man and died for our sins and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because Thou hast revealed them Who canst neither deceive nor be deceived. Amen.

AN ACT OF HOPE

O my God! Relying on Thy infinite goodness and promises, I hope to obtain pardon of my sins, the help of Thy grace and life everlasting through the merits of Jesus Christ, my Lord and my Redeemer. Amen.

AN ACT OF LOVE

O my God! I love Thee above all things with my whole heart and soul because Thou art all good and deserving of all my love. I love my neighbour as myself for the love of Thee. I forgive all who have injured me and I ask pardon of all whom I have injured. Amen.