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JMJ

Act of Faith

O my God, I firmly believe that thou art one God in three divine Persons, Father, Son, and 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.

Act of Hope

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

Act of Love

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

