



We tell God we are sorry for our sins.

WE GATHER

✝ *God, please give us your mercy and peace.*

What would you say to make up with someone you hurt?

How could you show this person that you really are sorry?

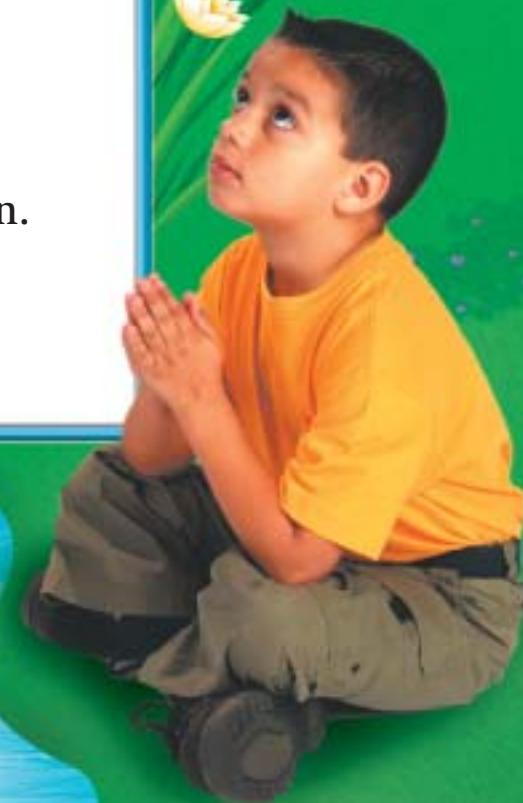
WE BELIEVE


Another word for sorrow is *contrition*. We tell God we are sorry for our sins in the sacrament of Reconciliation. We also tell God we will try not to sin again. We do both of these things when we say a special prayer of sorrow. We call this prayer an act of contrition.

Here is an act of contrition that many people pray. Prepare for the sacrament of Reconciliation by learning it.

Act of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love
above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.



 Use a different colored crayon to underline each of the following words of the prayer:

- words that tell God we are sorry
- words that promise to try not to sin again
- words that ask God to forgive us in Jesus' name.

WE RESPOND

How can you show God you are truly sorry?

Pray together the Act of Contrition on this page.