

Praying the Act of Contrition

A prayer to say "I'm Sorry"

Act of Contrition

O my God, I am heartily sorry for having offended you,
and I detest all my sins because of your just punishment,
but most of all because they offend you, my God,
who are all good and deserving of all my love.

I firmly resolve with the help of
Your grace to sin no more and to avoid the near occasion of sin.

Amen.

As you explore the Act of Contrition, spend some time helping the children understand what they are praying.

I pray....	What it means....
Oh my God	Hello God
I am heartily sorry for having offended you,	I am very sorry I made you sad
and I detest all my sins because of your just punishment,	I don't like my bad choices because they were wrong
but most of all because they offend you, my God,	And because they hurt you. God you are great and deserve love
I firmly resolve with the help of Your grace	I promise, with your help and love
to sin no more and to avoid the near occasion of sin.	I will try my best and make good choices.

Amen

Amen