

The **ACT OF CONTRITION** is a prayer that tells God we are sorry and want to make things right again.

1. My God,

I am s_____ for my sins
with all my h_____.

2. In c_____ to do wrong
and failing to do g_____

I have sinned against you
whom I should l_____
above all things.

3. I firmly intend,

with your help,

to do p_____,

to sin no more,

and to a_____

whatever leads me to sin.

4. Our Savior J_____ Christ
suffered and died for us.

In his name, my God,

have mercy. Amen.

Jesus

love

choosing

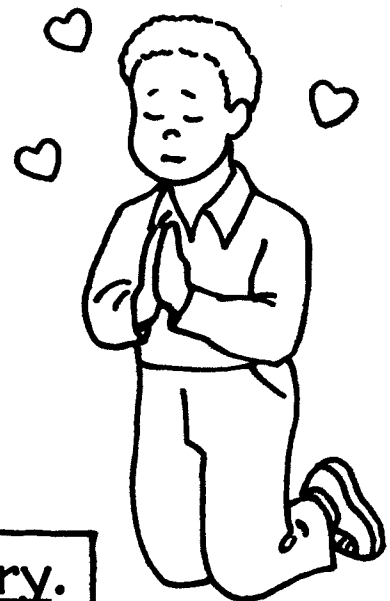
penance

heart

avoid

good

sorry



“Contrition” means to be sorry.