

My Act of Contrition

Name _____

Here is a prayer we say when we want to tell God we are sorry for things we have done that breaks God's rules or hurt others. Fill in the blanks with the words in the Word List. Then you can color the prayer, cut it out, and hang it where you can see it every day.

PRAYER OF SORROW

Oh God, I am _____ for all my sins—
those that have hurt my _____
and those that have offended you,
whom I should _____ above all things.
And I _____, with your help,
to do penance, to _____ no more,
and to avoid whatever leads me to sin. Amen.



Word List

PROMISE, SIN, NEIGHBOR, SORRY, LOVE