

## **An 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. Amen.



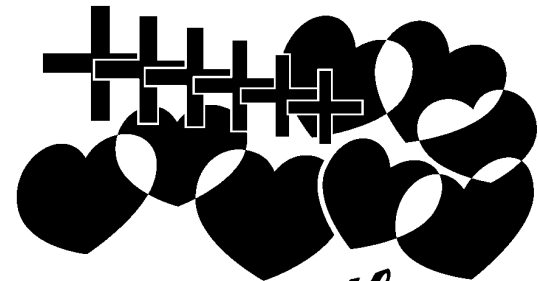
## **Acto de Contrición:**

Dios mío,  
me arrepiento de todo corazón  
de todo lo malo que he hecho  
y de todo lo bueno que he dejado de hacer,  
porque pecando te he ofendido a ti,  
que eres el sumo bien  
y digno de ser amado  
sobre todas las cosas.

Propongo firmemente,  
con tu gracia,  
cumplir la penitencia,  
no volver a pecar  
y evitar las ocasiones de pecado.

Perdóname, Señor,  
por los méritos de la pasión  
de nuestro Salvador Jesucristo. Amén.

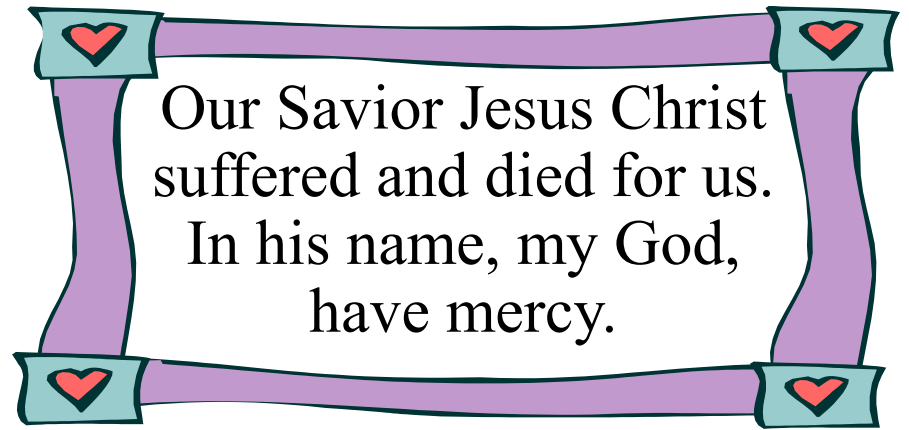
# Saying I'M Sorry



*Love one another  
as I have loved you.*

The Act of Contrition

*Please help your child to memorize the Act of Contrition.*



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God loves us and calls each of us to be *friends* with him. In our baptism, we became members of God's family. We are filled with the power to love others. We show that love in our words and in how we choose to act.

We do not always love others the way we know we should. We tell God that we are *sorry*.

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Jesus died and rose again for us so that we can share in his everlasting life and wonderful love. We ask God for this love when we ask God to have *mercy* on us.

God has forgiven our sins. We are called to *forgive* others. We go in peace and we work for peace with all the people in our lives.

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God calls us to be \_\_\_\_\_ with him.

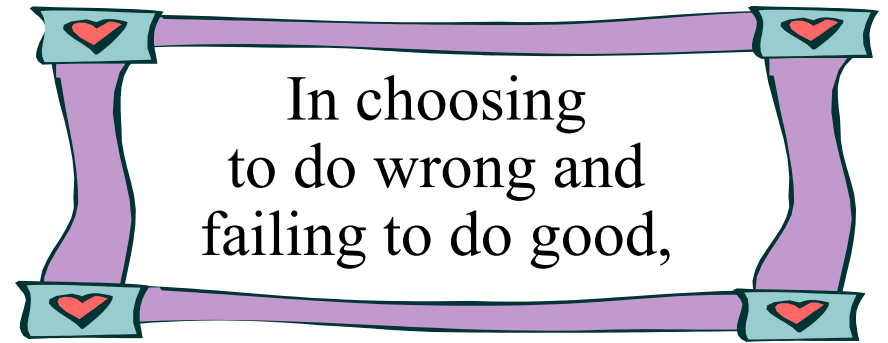
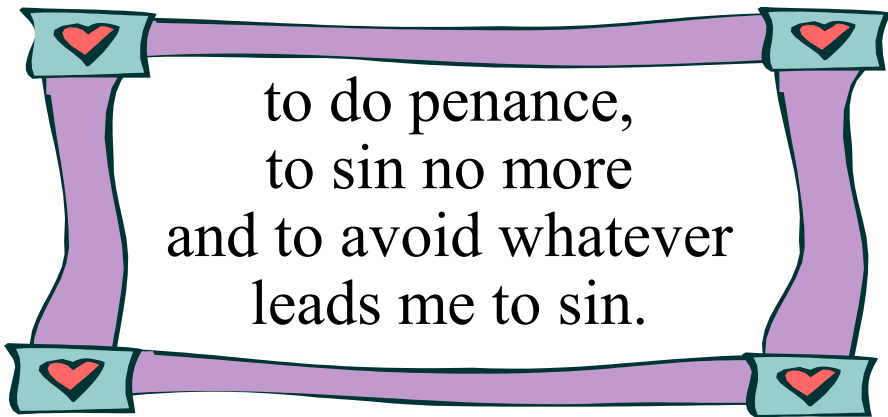
We ask God for his love when we say, have \_\_\_\_\_ on us.

God has forgiven us.

We tell God that we are \_\_\_\_\_ when we do not love others as we should.

We are called to \_\_\_\_\_ others.





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*Penance* is doing something to show that we are really sorry for our wrongs. We promise to make up for the wrongs we have done. We will try to love as *Jesus* has shown us.

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Sometimes, we decide to hurt others in our words or in our actions. Sometimes, we know that we should do some good for another, but we decide to do nothing. Our actions and words are not loving.

Sin is a *choice* to do something wrong or not to do something we know is right on purpose.

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We show that we are sorry for our sins by doing

\_\_\_\_\_.

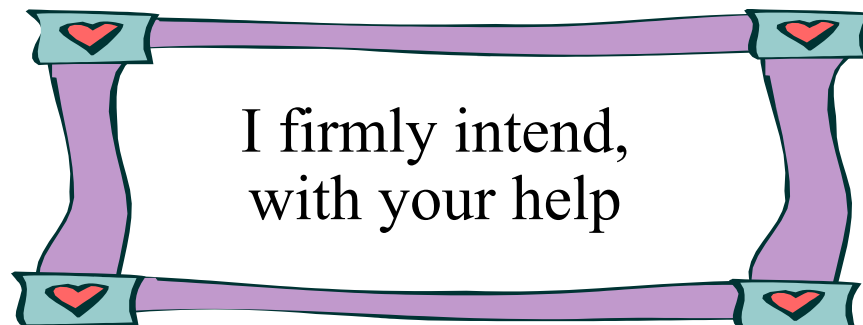
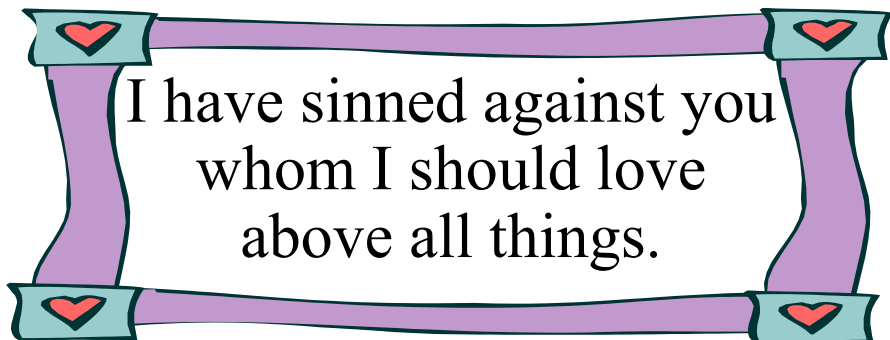


We will try to love in the way that

\_\_\_\_\_ showed us.



Sin is a \_\_\_\_\_ to do something wrong on purpose.



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We should *love* God first in all that we do or say. When we choose to do wrong, we hurt our friendship with others and with God.

God never stops caring for us. Even when we do something wrong, God wants us to *reconcile* or make things right again.

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God calls us to be close friends with him and we *promise* to do good. We know that God will help us keep our promise by giving us the *grace* or power to love as we should.

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To \_\_\_\_\_  
means to make things right again.

We should always try to \_\_\_\_\_ God first.

We make a \_\_\_\_\_

to do good.



God gives us the \_\_\_\_\_

or power to love others as we should.