

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.



1. Confess

CONFESS YOUR SINS ALOUD TO THE PRIEST,
WHO LISTENS LOVINGLY ON BEHALF OF
CHRIST & THE CHURCH.

THE PRAYERS OR GOOD DEEDS THE PRIEST
GIVES US, SO THAT YOU MAY BEGIN HEALING THE
RELATIONSHIPS HURT BY YOUR SINS.

2. Receive Penance



3. Act of Contrition

A SIMPLE EXPRESSION TO GOD THAT WE ARE
SORRY FOR OUR SINS & THAT WE RESOLVE TO
LEAVE SIN BEHIND AND LIVE IN THE LIGHT!

THE WORDS THE PRIEST SPEAKS WHICH
RECONCILE US TO GOD AND THE CHURCH.

4. Receive Absolution

