

Station #5 *Act of Contrition*



The next step of the Sacrament of Reconciliation (after doing an examination of conscience, confessing sins, and receiving a penance) is to pray a prayer of sorrow, also called an Act of Contrition. This prayer is a way to tell God you know that what you did was wrong, that you are sorry for your sins, and that with God's help, you will try to do better in the future.

Complete the Act of Contrition Fill In

- Work together to complete the Act of Contrition by filling in the blanks with the words at the bottom of the page. Then pray the Act of Contrition together.



Fill in the blank to complete the prayer.

ACT OF CONTRITION

My _____, I am _____ for my _____ with all my _____.

In choosing to do _____ and failing to do _____,

I have _____ against you whom I should _____ above all things.

I firmly intend, with your _____, to do _____, to _____ no more,

and to _____ whatever _____ me to sin.

Our Savior _____ Christ _____ and died for us.

In His _____, my God, have _____. Amen.

**avoid
love
sorry**

**God
mercy
suffered**

**good
name
wrong**

**heart
penance**

**help
sin**

**Jesus
sinned**

**leads
sins**