The Act of Contrition.

This is a prayer in which we say sorry for the mistakes we have made. When we sin we spoil our friendship and relationship with God our Father in Heaven. He loves us very much and always wants to be close to us. When we say sorry he will always forgive us, no matter what we have done because his love for us is beyond our imagination. The only thing is that we need to be truly sorry. Also, we should try to put things right where we can, by asking for the forgiveness of those people we have hurt by our unkind actions.

We can say this prayer whenever we need to.

We also say it when we receive the Sacrament of Reconciliation.

Act of Contrition.

O my God, because you are so good,

I am very sorry that I have sinned against you and by the help of your grace

I will not sin again.

Amen.

