

## 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.  
Amen.

This is the prayer your child will pray with the priest at the Sacrament of Reconciliation. We encourage families to start praying this prayer every day so it becomes familiar to your child.

### **Watch a video of this prayer:**

*Guided Prayer Act of Contrition*

<https://www.youtube.com/watch?v=KwDgh0D17G8>