

21.1.21

T: Can I learn the Act of  
Sorrow and write my own?



As part of our preparation for reconciliation and for this unit of RE, everyone needs to learn the Act of Sorrow prayer.



This is a special prayer that we say every time we make a confession of our sins.



We say sorry to God through a priest during our confession of sins (or reconciliation). This is sometimes difficult to understand, but we will talk about it more later on. We tell the priest what we have done wrong and that we are sorry.



Have a think to yourself.

(You don't need to write anything down.)

Can you think of a time when you did something wrong?

Did you say sorry to whoever it affected?

Were you forgiven?



It can sometimes be really hard to admit that we are wrong and then ask to be forgiven. Remember that our class saint, Saint Peter, did lots of things wrong, but he was sorry and Jesus forgave him! God will always forgive us if we are truly sorry. 😊

This is the Act of Sorrow

(sometimes called the Sorry Prayer, or Act of Contrition)

O my God, I thank you for loving me.  
I am sorry for all my sins, for not loving  
others and not loving you. Help me to live  
like Jesus and not sin again.

Amen.

TASK: Practise saying the prayer a few times, then have a go at filling in the gaps on the sheet to see if you can remember it.

Challenge: Can you write your own sorry prayer, asking for forgiveness?

