

The Act of Sorrow

When you have finished talking to the priest and you have told him about the times when you did not show love to God, he will ask you to say a prayer called the Act of Sorrow. By saying this prayer, you are showing that you are truly sorry.

Fill in the Blanks

God	sins	you	Jesus
others	sorry	loving	again

Act of Sorrow

O my _____,

I thank _____ for loving me.

I am _____ for all my _____,

for not loving _____ and not _____ you.

Help me to live like _____ and not sin _____.

Amen.

