

# Act of Contrition – Phrases

## Work with a few phrases first:

Oh, my God

I am heartily sorry

for having offended Thee,

and I detest all my sins

because of Thy just punishment.

**Go to the next section of this lesson plan to cut out the individual words for the phrases listed above. Mix them up and encourage your child to put the words in correct order several times. Play a “review game” by removing some words and allowing your child to put the words back in the correct places. Repeat as often as necessary until your child is comfortable with the first few phrases of this prayer.**

## Work with the next few phrases:

But, most of all,

because they offend Thee, my God,

who art all good

and deserving of all my love.

**Cut out and “play” with the individual word “cards” that correspond to the phrases above.**

## **Work with the last few phrases:**

I firmly resolve,

with the help of Thy Grace,

to sin no more

and to avoid

the near occasion of sin.

Amen.

**Cut out and “play” with the individual word “cards” that correspond to the phrases above.**

## **Act of Contrition – Words**

Oh	my	God	I
am	heartily	sorry	for
having	offended	Thee	and
I	detest	all	of
my	sins	because	of
Thy	just	punishment	but

most	of	all	because
they	offend	Thee	my
God	who	art	all
good	and	deserving	of
all	my	love.	I
firmly	resolve	with	the
help	of	Thy	Grace
to	sin	no	more
and	to	avoid	the
near	occasion	of	sin
Amen			