

Year A - 6th Sunday in Ordinary Time

Matthew 5:23-24

Act of Contrition



Overview

When the children are old enough (and some in your group may already have had the opportunity to do this) it will be time for them to make the sacrament of First Reconciliation also known as Penance. This is a sacrament that is all about opening our hearts to God who is the best peace maker of all! God loves us so much even when we do things that make others angry or hurt them. Reconciliation is the sacrament where we make peace with God and others.

Prayer

- Use this opportunity to familiarise the children with the prayer that is prayed in the Rite of Reconciliation call the ACT OF CONTRITION. Explain that the word 'contrition' means to feel very sorry for something we have done that was hurtful and to be willing to apologise and ask for forgiveness.
- You could pray this prayer together.

**O my God,
I am very sorry
that I have
sinned against
you, because you
are so good,
and with
your help
I will not sin
again. Amen.**

