

# Reconciliation Parent/Adult Catechesis 4:1

## Pray together an 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. Our Savior, Jesus Christ, suffered and died for us. In his name, my God, have mercy.

### Personal reflection:

When have you been truly sorry for something you said or did? Out of that experience and your life's perceptions how would you define sorrow?

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What happens within your spirit when you make a firm resolution to change?

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Write a short prayer that expresses your desire to love God more than any selfish attachments to sin.

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