

WHY WE PRAY THE ACT OF CONTRITION



✽ ACT OF CONTRITION ✽

O my God, I am heartily sorry for having offended you,
and I detest all my sins, because of Your just punishments,
but most of all because they offend You, my God,
who are all-good and deserving of all my love.

I firmly resolve, with the help of Your grace,
to sin no more and to avoid the near occasion of sin.



O my God! I am heartily sorry for having offended You.

In this first line we are stating right that we have offended God by sinning and that we're not just sorry, but heartily (very, very) sorry.

*detest all my sins, because I dread the loss of Heaven
and the pains of Hell;*

Here we're admitting how much we hate our sins because we fear that our actions will lead us to face the pain and darkness of hell rather than the light of heaven.

*But most of all because I have offended You, my God,
who are all-good and deserving of all my love.*

This is the most important line of the prayer. While we at first admit that we're petrified (scared) that we'll go to hell for our sins, the number one reason why we should be sorry for our sins is because they offend, hurt, and disappoint our God who deserves nothing but 100 percent of our love and adoration. Nothing hurts God more than when we choose to sin. Even though a little voice inside our head told us that what we were about to do was wrong, we ignored it and chose to do (sin) it anyway.

*I firmly resolve, with the help of Your grace, to confess
my sins, to do penance, and to amend my life. Amen.*

The last line of the prayer is vowing (promising) that with the help of God's grace, we'll confess all of our sins, do penance (say a set of prayers or perform charitable acts as suggested by the priest), and make a commitment to not sin again.

To never sin again is the ultimate goal—and the hardest part. As long as we are making an honest effort, that's all that God asks.

WHY WE GO TO CONFESSION [RECONCILIATION]

We have to tell God, our Father in Heaven, that we messed up, we made mistakes that hurt Him, and we are sorry, we never meant to hurt Him or anyone else.

Have you ever said, or did anything that made someone cry?

Have you ever said or did something that made someone sad?

When we see that we hurt someone we love, someone we care about, we want to make it better.

But how can we make it better?

First we have to go to them and tell them we didn't mean to make them cry or sad when we did [this is when you say what you did].

Then we say we are sorry, and that we will not do it again.

Now we ask them to forgive us.

IT IS THE SAME WITH GOD.

When we hurt another person, we also hurt God.

When we do something that we know we are not suppose to do, we hurt God.

Hurting God is also called SIN.

So now we have to Go God and tell Him what we did , tell Him we are sorry, and ask Him to forgive us.

How do we do that?

We go to the Church...God's house.

Then we go into Confession [this is where we tell the Priest is waiting for us].

Priests are Holy Men who represent God to us in person.

When we tell the Priest our sins...God is listening. God is paying very close attention to what you are saying to the Priest.

After we tell the Priest [God is listening] our sins, the Priest will ask you to pray the ACT OF CONTRITION.

When we say this prayer, like with all prayers, we are talking directly to God. Through this prayer we are telling God we are sorry for hurting Him and we are asking Him to forgive us.

God has given Priests the authority [permission] to grant us ABSOLUTION [forgiveness].

After we receive absolution [forgiveness] the Priest will give us PENANCE to do.

When we do our Penance, we are now showing GOD we are sorry, not just telling Him.

**ALWAYS REMEMBER...GOD LOVE'S YOU VERY MUCH!
HE NEVER, EVER WANTS TO SEE YOU SAD.**