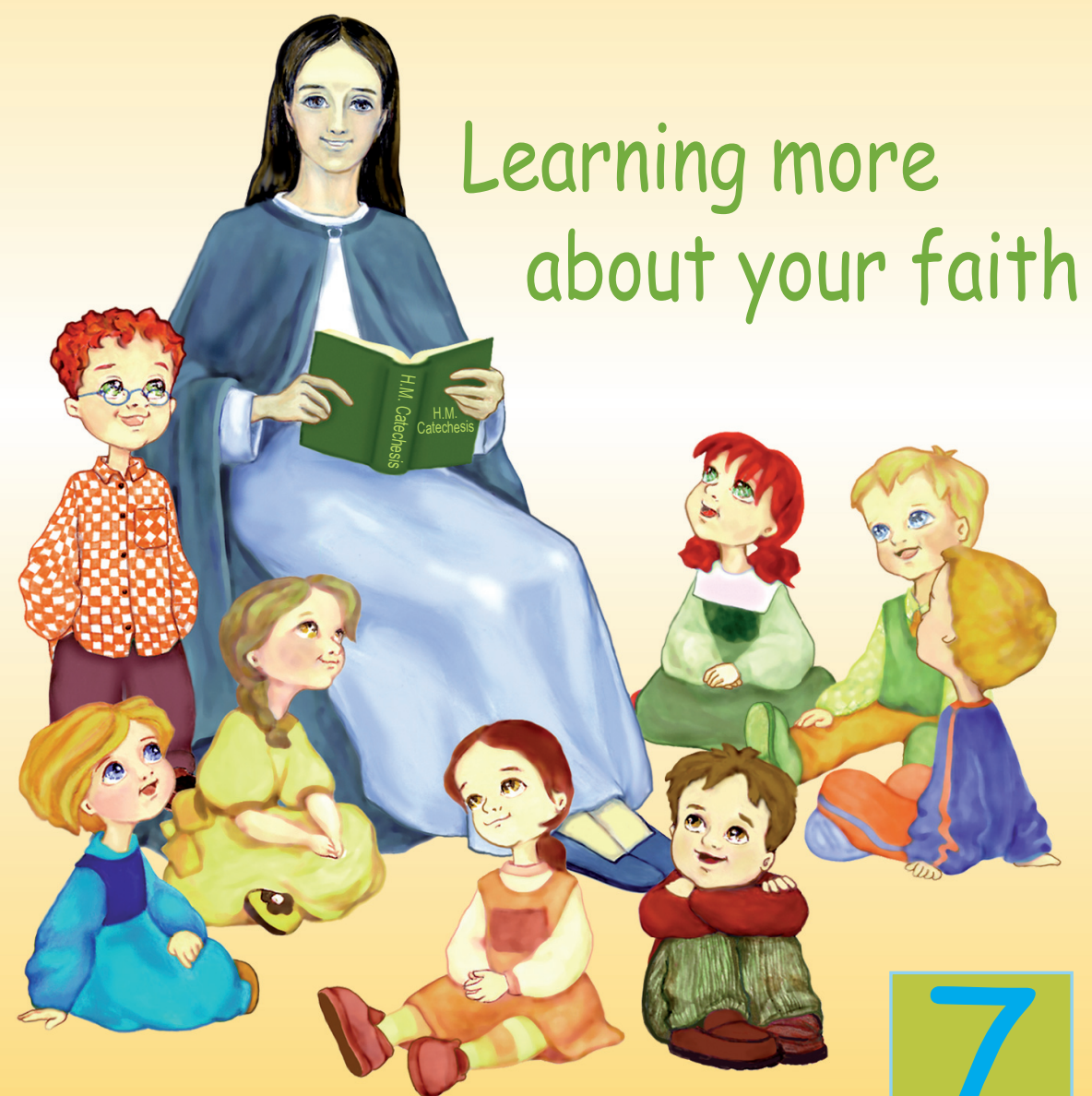


H.M. Catechesis



7

H.M. Catechesis



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The Act of Contrition

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Color in the Letters!

H.M. Catechesis

Learning more
about your faith

This catechesis workbook belongs to:

First Name:
Last Name:
Address:
City:
State:
Zip Code:
Phone Number:
Age:
Grade:



Letter:

To all parents, catechists, teachers, and those responsible for the religious formation of our children:

The Home of the Mother places in your hands a new series of Catechesis with the intention of in some way aiding in the religious formation of children.

This workbook contains eight lessons covering the Act of Contrition that will hopefully serve as a guideline, as well as eight corresponding worksheets that can be completed by the children.

The simple presentation of the different topics is meant to be a source of support and reinforcement for all of those who are in contact with children and continuously desire that they learn and mature in their Christian faith.

We hope that you find this series of H.M. Catechesis to be both engaging and, at the same time, a valuable evangelization tool in the transmission of Catholic Doctrine.

Thank you for your tireless effort in fighting for the religious formation of our children. Thank you for not forsaking this task, which today more than ever, stands out for its irreplaceable importance and utmost necessity for the well being of our children.

PRAYER (XXIII)

THE ACT OF CONTRITION

Color in the letters of the title and complete the worksheet after reading the lesson.

This time we are going to begin a very beautiful prayer that the Church teaches us so that we can pray it when we go to Confession and whenever we need to ask God for forgiveness of our sins. Do you know what it's called? It's called the "Act of Contrition."

Do you know the Act of Contrition? If you do, you can say it now. It's written below so you can see if you know it correctly:

"OH 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. AMEN."

You know that when we commit a sin, Jesus forgives us through the priest as long as we are sorry. But what happens if a person is dying and there is no priest nearby? Can that person do anything to save his soul? Yes, he can. He can make an "Act of Contrition." If you happen to be near a person in that moment, you should pray with that person and help him or her ask God to forgive his or her sins. You can pray the "Act of Contrition" or something even simpler, like: "My God, forgive me." These are four short words that can save a soul. **And if you get into the habit of frequently making acts of contrition, you will help prevent yourself from dying in a state of sin.**

The "Act of Contrition" also helps us to become better. In a country in Europe called Poland, there was a boy whose name was Raymond. He was rebellious and his mother grew tired of scolding him. "Raymond, I don't know what is going to become of you," she told him. Then he started to think about what his mother said. He began to pray to Our Lady and Our Lady helped him so much that from that moment on, he grew up to be a great servant of the Lord, doing great things for love of God and the Immaculate Virgin Mary. Pope St. John Paul II, who was also from Poland, proclaimed him a saint and martyr. Just look and see where repentance and conversion can lead us!

PRAYER (XXIII)

THE ACT OF CONTRITION

★ NOW LET'S SEE HOW WELL YOU REMEMBER THE ACT OF CONTRITION

OH MY, I AM HEARTILY FOR HAVING YOU, AND I ALL OF MY SINS BECAUSE OF YOUR JUST, BUT MOST OF ALL BECAUSE THEY YOU, MY GOD, WHO ARE ALL AND DESERVING OF ALL MY I FIRMLY WITH THE HELP OF YOUR, TO SIN NO MORE AND TO AVOID THE NEAR OF SIN. AMEN.

Raymond, the boy in our story, grew up to be Saint Maximilian Kolbe, martyr of charity.

WRITE BELOW WHAT YOU THINK HIS PRAYER MIGHT HAVE BEEN ON THE DAY HE WAS IN FRONT OF THE IMMACULATE VIRGIN MARY:

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PRAYER (XXIV)

THE ACT OF CONTRITION

Color in the letters of the title and complete the worksheet after reading the lesson.

Have you learned the prayer that begins with the words: "Oh My God?" Well, now we're going to explain exactly what is meant by an "act of contrition."

ACT OF CONTRITION: If you have already made your First Communion, you will remember very well that **five things are necessary for making a good Confession:**

1. - Examination of Conscience
2. - Sorrow for your sins (contrition)
3. - Firm purpose of amendment
4. - Tell your sins to a priest
5. - Do your penance

So, the prayer "Oh my God" is an act of contrition, which includes the second and third conditions for making a good confession. Now, if **someone were to ask you: "What is an act of contrition?" You can answer: "It is to be sorry for your sins and to have a firm purpose of amendment."** Look at how the Pope and the Bishops explained it many, many years ago in the Council of Trent: "It is a sorrow in the soul and a detestation (that is, hatred) of the sins one has committed along with the resolution (that is, the purpose) not to sin again."

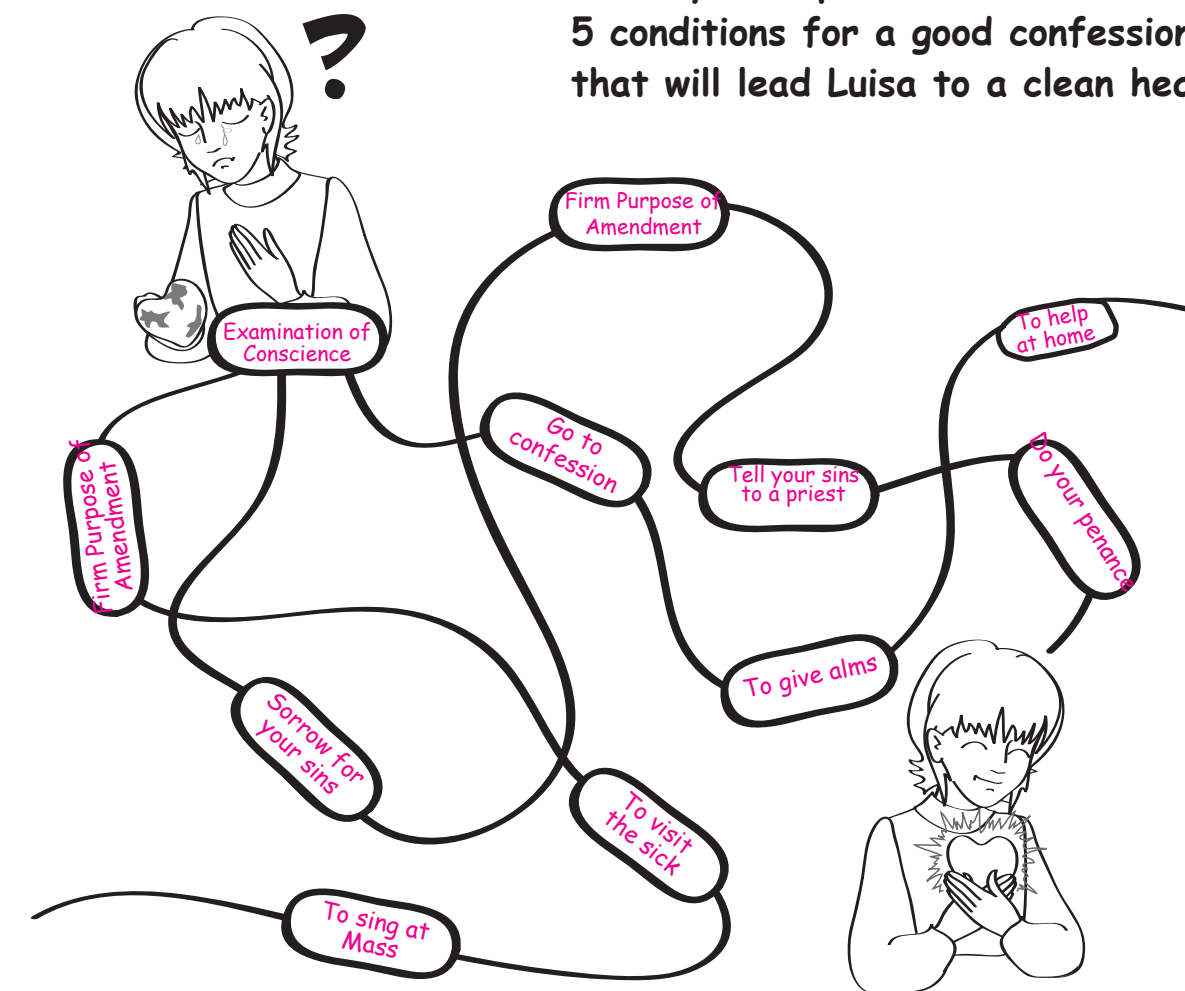
Would you like to know something else that the Pope and the Bishops said on that occasion? They said that **there is an 'imperfect' contrition and a 'perfect' contrition.** They are very easy to distinguish, and here we are going to learn to distinguish between them. There were two girls who used to live with their parents and their grandfather. Their grandfather had gone blind and he had to be very careful when he was walking. The children were envious of their grandfather because they thought that their mother loved him more than them. So, when their grandfather had to walk along the hallway, they used to put things on the floor so that he would trip and fall. Now you see how wicked envy can be. Then the children repented and resolved not to do things like that anymore. In other words, both of them had contrition. One of them explained: "I don't do it anymore because it is a bad thing to do and my parents might punish me" and the other said, "I don't do it either, because we must love Mom and Grandpa more." Do these two explanations sound the same? Pay close attention. The first child wants to change because of her fear of punishment. The second wants to change because she wants to be a better person and love her family more. The first child has 'imperfect contrition': she repents out of fear of punishment. The second one has 'perfect contrition': she repents for love of her grandpa and her parents. In the same way, when we are sorry for our sins because we fear Hell our contrition is good but imperfect. On the other hand, when we reject our sins out of love for God, who is so good to us, then our contrition is perfect. It's quite clear, right?

PRAYER (XXIV)

THE ACT OF CONTRITION

* Luisa needs to make a good confession but she doesn't remember what the necessary conditions are.

Can you help her? Color in the 5 conditions for a good confession that will lead Luisa to a clean heart.



* Do you remember the difference?

**Perfect
contrition**

**Imperfect
contrition**

- If I am sorry for my sins because I fear going to Hell, that is
- If I am sorry for my sins out of love for God, that is

PRAYER (XXV)

THE ACT OF CONTRITION

Color in the letters of the title and complete the worksheet after reading the lesson.

There was a father who had five sons. One evening, they were eating dinner. When their mother finished serving their plates, she returned to the kitchen, leaving them alone for a moment. The boys looked at each other... and do you know what they did? They decided to throw their plates on the floor because they thought it would be funny. After hearing the noise, their father came in to see what happened. He called for the youngest brother and asked him:

- What have you done, Louis?
- Me? Nothing...
- What do you mean, 'nothing'? Go to your room.
- Then he called the next one and said to him:
- What have you done, Peter?
- I broke the plate for supper.
- Are you sorry?
- No.
- No? Well, go to your room.
- Then he called the next one:
- What have you done, Alan?
- I broke the plate.
- Are you sorry?
- Yes.
- Will you do it again?
- Uh... yes.
- What do you mean, 'yes'? Go to your room.
- Then he called the next one:
- What have you done, Felix?
- I broke the plate.
- Are you sorry?
- Yes.
- Are you going to do it again?
- No.
- Well then, go and tell mom you're sorry.
- No way.
- What do you mean, 'no way'? Go to your room.

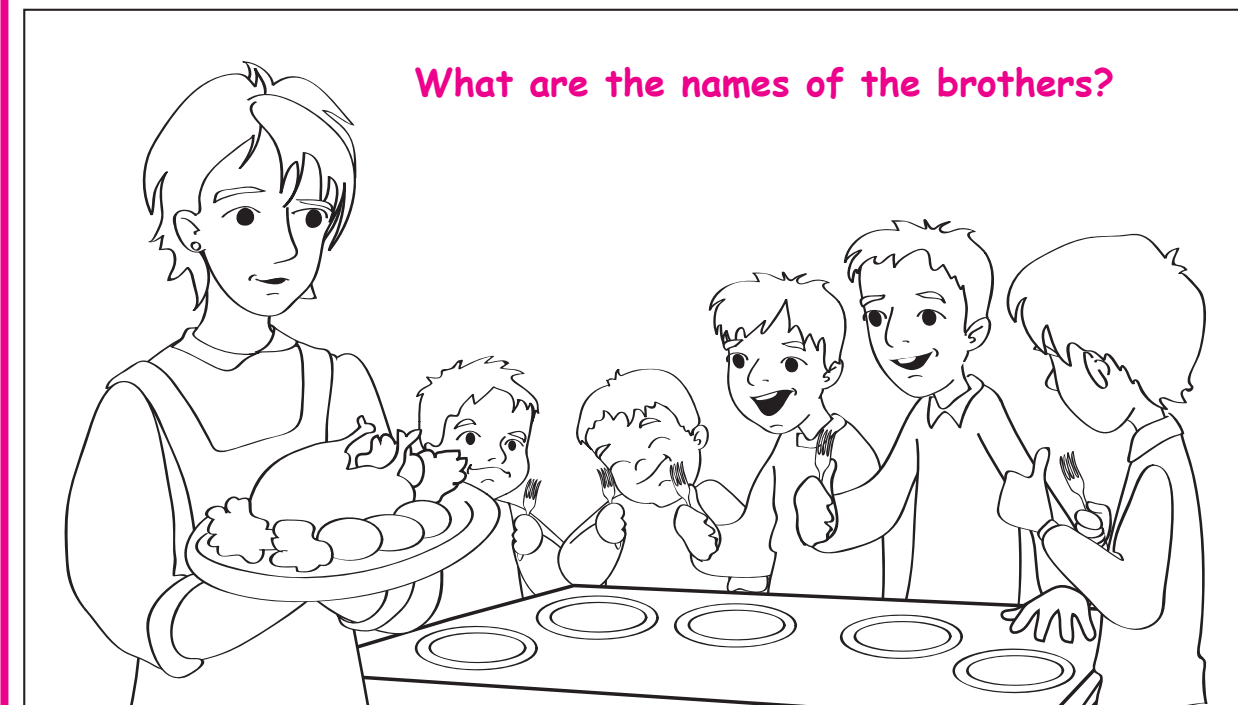
Finally, he called the eldest, whose name was Samuel. Samuel was sorry for what he had done, he wanted to ask his mother to forgive him and was even prepared to pick everything up off the floor and volunteer to do something like wash the dishes for the whole week for his mother. His father looked at him happily, gave him a hug, and said to him:

- Son, today I have seen that you have a good heart. Do what you have said and teach your brothers to take responsibility for their faults.

PRAYER (XXV)

THE ACT OF CONTRITION

- * Do you remember the story of the five brothers? Well, now let's see if you can tell it yourself.



- * Louis says: I didn't do anything.
- Peter says: I'm not sorry.
- Alan says: I'm going to do it again. **HE LACKS**
- Felix says: I'm not going to ask for forgiveness.

Samuel volunteers to wash the dishes to make up for his bad deed.

Samuel wants to fulfill

.....

PRAYER (XXVI)

THE ACT OF CONTRITION

Color in the letters of the title and complete the worksheet after reading the lesson.

Did you read the story about the five brothers in the previous lesson? There are five brothers because there are five things necessary for a good Confession. Do you remember what Louis answered when his father asked him what he had done? He said that he hadn't done anything. What a lie! Of course, his father punished him because he can't forgive someone who doesn't recognize that he has done anything wrong.

Louis needed to make an "examination of conscience." To examine your conscience is to stop and reflect about the things your conscience is telling you. Your conscience warns you that you are telling a lie, that you are doing something that your parents have forbidden you to do, or that you are doing something that they would forbid you to do if they could see you. And what happened with Louis? Didn't his conscience tell him that what he had done was wrong? Of course it did. But perhaps Louis was so superficial that he acted without thinking, like the animals do. Or perhaps he was so selfish that he didn't even care that he was doing such a terrible thing to his mother. Or perhaps he was very proud and never admitted doing anything wrong, like someone who says: "Nobody can tell me what to do." Or who knows? Perhaps Louis is one of those poor crazy people who think they can ridicule God because they don't think that there is such a thing as reward or punishment.

Poor Louis! I hope that you are not like him at all, because God cannot forgive the person who is not willing to take responsibility for his bad actions. That is why the Church teaches us to **make a very sincere examination of conscience everyday**:

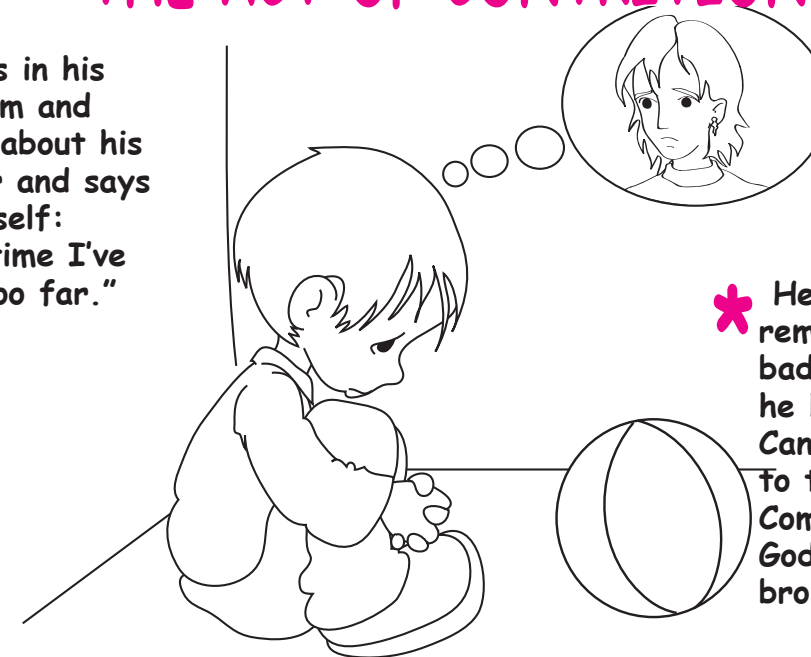
- **How have I behaved today with my parents?** Have I been obedient to them and not given them a hard time?
- **How have I behaved today with my brothers and sisters?** Do I help them to be better? Am I envious of them or hateful? Am I selfish or greedy at home?
- **How have I been today in school?** Have I made good use of my time? Have I respected my teachers and classmates? Am I generous with my things?
- **What about my thoughts?** Have I erased from my mind bad desires and bad thoughts? Have I seen or heard things that bring bad thoughts? Have I called upon God, Our Lady, and my Guardian Angel to help me?
- **What about my conversations?** Have I always told the truth, even if it caused me problems? Have I insulted others or laughed at anyone? Have I offended God with my words? Have I said blasphemies?
- **What have my actions been like?** Do I always try to be good? Have I done things with bad intentions? Have I done bad things in secret? Have I acted with vanity, thinking I'm better than others? Have I been lazy? Have I failed to do things that my parents or teachers had told me to do?
- **How have I behaved with God, Our Lady, and my Guardian Angel?** Have I given them thanks for all the things they have given me today? Did I remember them when I was tempted? Have I prayed for my family, my friends, and for all the those who are in need?

If you make a little examination of conscience every day, you won't be bad like Louis, and you will find it very easy to remember to ask God for forgiveness, knowing that He loves to forgive us.

PRAYER (XXVI)

THE ACT OF CONTRITION

Louis is in his bedroom and thinks about his mother and says to himself: "This time I've gone too far."



* He also remembers other bad things that he has done. Can you help him to think of which Commandments of God's Law he has broken?

- I don't pray in front of my friends because I'm ashamed to let them see me praying.
You shall love
- I sometimes tell lies so that I won't be punished.
You shall not
- I threw a dinner plate on the floor and upset my mom.
Honor
- At the store, my friend John and I have taken some things and left without paying.
You shall not
- I have spoken against God.
You shall not take
- I have missed Mass on a few Sundays
Remember to keep holy the

* In the end Louis asks his mother to forgive him. Imagine the conversation between them.

Louis:

His Mother:



PRAYER (XXVII)

THE ACT OF CONTRITION

Color in the letters of the title and complete the worksheet after reading the lesson.

We continue with the story about the five children who were teaching us the five things that are necessary for making a good confession:

- Examination of Conscience
- Sorrow for your sins
- Firm purpose of amendment
- To tell your sins to the priest
- To do your penance

In this lesson, the third brother, Alan, is going to teach us something new. Do you remember his conversation with his father after he threw the plate of soup on the floor?

- What have you done, Alan?
- I've broken the plate.
- Are you sorry?
- Yes.
- Are you going to do it again?
- Umm... yes.
- Oh you are, are you? Then go to your room without dinner.

Alan has now thought things through a little better and he realizes that he was wrong when he threw the soup on the floor. He is sorry that he did it and repents. That's very good. He is a good boy with a good heart. We can hope that Alan will become a good friend of Jesus. But you'll notice that he still has quite a big defect, right? His father asked him if he is going to do it again and he answers: "Um... yes." Of the five things that are necessary for receiving the forgiveness of sins, which one does Alan lack? A firm purpose of amendment.

The firm purpose of amendment is to decide not to repeat the bad thing we have done. If we don't show God that we have the intention to change, deep down we are showing that we don't care whether we sin or not. How can God forgive us when we are like that? In order for our purpose of amendment to be true and strong, we need to think a lot about the Passion and Death of Jesus on the Cross. **When we see how much our sins make Jesus suffer, isn't it only right that we resolve not to sin again?**

But in reality, why doesn't Alan have a firm purpose of amendment? Sometimes we don't have a firm purpose of amendment because we feel like we don't have the strength to be better. So what would you say to Alan? It's obvious! He has to pray and ask God for strength. Perhaps he can't change because he is influenced by bad friends, by T.V. shows, by magazines... What must he do then? Well, Alan must give up those friends, he must stop watching bad shows on T.V., he must make use of his free time to do good things...

Sometimes sin is like those sicknesses that can't be cured just by taking one pill. Sometimes the doctor says: to be cured you have to give up smoking, stop eating sweets, do physical exercise... **To free ourselves from certain sins, we sometimes need to give up hanging out with certain friends, stop watching certain shows, or by doing good works, right?**

PRAYER (XXVII)

THE ACT OF CONTRITION



How do we show a firm purpose of amendment in the Act of Contrition?

I firmly with the help of Your
to..... no more and to avoid
the near of sin.
AMEN.



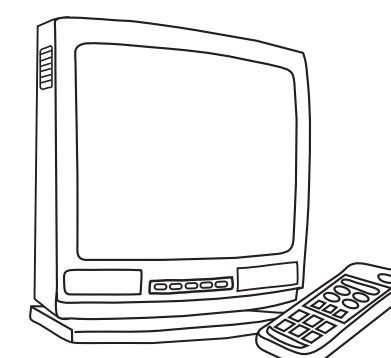
WE HAVE TO CHANGE!



If we have bad friends, we
have to

.....

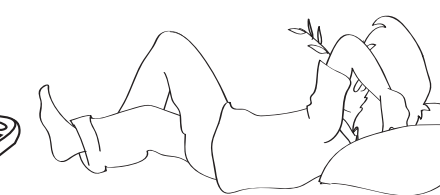
.....



If we watch bad T.V. shows,
we have to

.....

.....



We have to use our free
time to

.....

.....

PRAYER (XXVIII)

THE ACT OF CONTRITION

Color in the letters of the title and complete the worksheet after reading the lesson.

Do you remember in the previous catechesis when we told the story about five children who were a little wild and had the bright idea to throw the dinner their mother had just served them on the floor? We saw that the youngest - John - didn't want to admit what he had done. In other words, he didn't want to make a sincere examination of conscience. The examination of conscience is the first condition necessary for God to be able to forgive our sins.

Then there was Peter. He didn't try to conceal the fact that he had thrown the plate on the floor - probably because it was already obvious. **All of our sins are evident to God, because He sees everything, and it's impossible to hide anything from Him.** Peter, at least, wasn't so silly as to try to deceive his father. He recognized that he had done something wrong, but when his father asked him if he was sorry for what he had done he answered "no." Of course, his father cannot forgive him, because Peter won't let him. What is Peter lacking? He lacks sorrow for his sins - or in one word: repentance. And that is very important. In the Act of Contrition that we have been talking about in this catechesis, we express it with the words: "I am heartily sorry for having offended you because of your just punishments but most of all because they offend You, my God, who are all good and deserving of my love."

To repent is a human act. In other words, only human beings can do it. If a tree falls on your bicycle and squashes it, the tree won't feel any regret for what it has done. If an elephant steps on your bike, he won't feel sorry afterwards either - although if you train him well he might not do it again. **Only a human being can feel sorrow for having caused harm to someone.** This is a very noble feeling that shows that man has more of a heart than the trees and elephants. He is a superior being. But as well as feeling sorry, he is also capable of repenting. Repenting means wishing that you hadn't done it. Sometimes you do something bad in the morning, like being disobedient, telling a lie, stealing something... And then at night you think about it and you say to yourself: "I don't know why I did that. It was dumb. I wish I hadn't done it."

It is great to have the possibility of thinking over the things that we have done during the day, because that way we can repent of them. When we deliberately do something bad it's because we want to. But then we stop wanting the bad thing and start wanting what is good. And do you know something? When we stop wanting what is evil and we ask God for forgiveness, He forgets the evil we have done and only remembers that now we want to do good. **When we confess our sins with repentance, God forgets our sins! Confession gives us so much joy that we feel as good as new again.**

It is a great idea to think about the things we have done during the day every night before we go to bed. And if we have done something bad, you know that **"to rectify (make things right) is a sign of wisdom."**

PRAYER (XXVIII)

THE ACT OF CONTRITION

★ Peter has a problem: He doesn't know how to repent. But you can tell him what he needs to do. Write the answers to the following questions By putting together the first letter of each answer you will find what Peter needs.

1. - Which day of the week must all Catholics go to Mass?
2. - The Our Father begins with..
3. - The Pope lives in a city in Italy called...?
4. - To say something more than once is too...?
5. - The sixth Sacrament is the Sacrament of Holy ...?
6. - The material used for baptism is...?
7. - 'Honor your father and mother' is which Commandment?
8. - Sin is a personal against God?
9. - Wishing you hadn't done something bad is...?
10. - Who wanted to kill the baby Jesus?
11. - What was the second gift of the Three Wise Men?
12. - Jesus healed the...?
13. - Peter was repentant for having thrown 'what' on the floor?
14. - Mary's conception was...?
15. - Besides the first, how many more Commandments are there?
16. - 'Thou shall not steal' is which Commandment?

1.	-----
2.	-----
3.	-----
4.	-----
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9.	-----
10.	-----
11.	-----
12.	-----
13.	-----
14.	-----
15.	-----
16.	-----

SOLUTION:

1.- Sunday 2.- Our 3.- Rome.
4.- Repeat. 5.- Orders. 6.- Water.
7.- Fourth. 8.- Offense. 9.- Repentance.
10.- Herod. 11.- Incense. 12.- Sick.
13.- Soup. 14.- Immaculate.
15.- Nine 16.- Seventh

PRAYER (XXIX)

Color in the letters of the title and complete the worksheet after reading the lesson.

In this catechesis we are learning about the Act of Contrition. **The Act of Contrition is a prayer in which we ask for forgiveness for our sins. Do you remember it?**

The Act of Contrition teaches us that five things are necessary for our sins to be forgiven: **an examination of conscience, sorrow for our sins (contrition), a firm purpose of amendment, tell your sins to a priest, and to do the penance he gives you.**

This reminds us of the story of the five brothers who threw their dinner plates on the floor and made their mother really upset. Louis didn't want to recognize what he had done. Peter didn't repent. Alan wouldn't promise to not do it again. Their parents couldn't forgive any of them because they weren't open to being forgiven.

Today we are going to look at the fourth brother: Felix. His father asked him:

- What have you done, Felix?
- I broke the plate.
- Are you sorry?
- Yes.
- Are you going to do it again?
- No.
- Okay, go and tell your mother you're sorry.
- No.

It's hard to believe that even though he knows he has done something wrong, Felix doesn't want to ask for forgiveness. Many people find this hard to do. Their conscience tells them that they have a sin or more than one sin on their soul. They would like God to forgive them but they are not willing to ask for forgiveness. They don't want to recognize their faults before others. **This is a great sickness of the heart called pride.**

Jesus Christ, after rising from the dead, appeared to His disciples. He breathed on them and said to them: "Receive the Holy Spirit; whose sins you forgive will be forgiven, whose sins you retain, they will be retained". This is how we know that God wishes to forgive sins through His priests. The sins they forgive by the power of the Holy Spirit, are forgiven. And those they don't forgive, are not forgiven. That is why we tell our sins to the priest in Confession.

It is very important that you know two things related to Confession:

- **The first is that you must not hide any mortal sin, no matter how secret it may be or how ashamed you may be to tell it.** If you are ashamed, you will have to be very brave and ask God for strength, but you must never try to conceal anything in Confession, because then you would commit a greater sin called sacrilege.

- **The second thing is that if you are aware of having a mortal sin, you must never go up to receive Communion, because it is a terrible thing to force God to enter into a soul that is in grave sin.** First, you must go to Confession. Otherwise, you will also commit sacrilege.

So you see, we need a lot of priests so that we always have someone who can forgive our sins in the name of God. Why don't we pray together now asking God for more priests?

PRAYER (XXIX)

THE ACT OF CONTRITION

Let's see how well you have understood the lesson. Afterwards, you can check the answer key to see if you have answered the questions correctly.

What did Jesus say to His disciples after rising from the dead?

- a) You can forgive the sins of whoever you want.
- b) Whose sins you forgive, will be forgiven; whose sins you retain, they will be retained.
- c) All of our sins are forgiven.

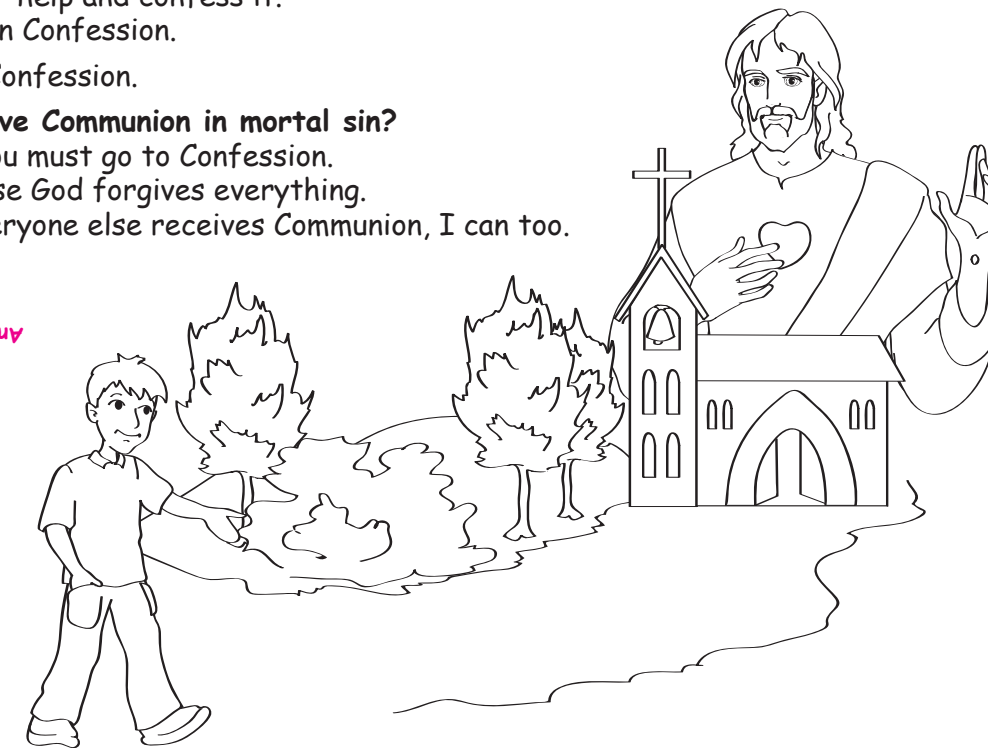
What must you do if you are ashamed to confess a sin?

- a) Ask God for help and confess it.
- b) Not tell it in Confession.
- c) Not go to Confession.

Can you receive Communion in mortal sin?

- a) No, first you must go to Confession.
- b) Yes, because God forgives everything.
- c) Well, if everyone else receives Communion, I can too.

Answer key: b, a, a.



Alan finally decides to ask for forgiveness and is going to Confession.

Who is waiting for him in the Church to forgive him?.....

RECEIVE ____ WHOSE ____ WILL
BE ____ AND WHOSE ____ THEY WILL BE

PRAYER (XXX)

THE ACT OF CONTRITION

Color in the letters of the title and complete the worksheet after reading the lesson.

We have now reached the end of our catechesis dedicated to the Act of Contrition. Our friend Samuel is going to help us to understand it even better. Do you remember him? He was the oldest brother in our story.

Samuel had thrown his supper plate on the floor like the others. Afterwards, however, he was sorry and asked his mother for forgiveness. He picked everything up off the floor and to make up for upsetting his mother, he offered to wash the dishes for the whole week! Seeing all of this, his father forgave him with all his heart and even congratulated him. Samuel can teach us so many things!

Do you know why Samuel made his parents so happy? Because he had the desire to make up for his faults.

When we commit a sin **the first Person we hurt is God**. This is a great mystery, but we can't doubt it, because we know how Jesus suffered the Passion for our sins. **Our sins wound Christ**.

Secondly, **we hurt others**. For example, if you steal, you take something from another person. If you speak badly about someone, you can cause others to not treat them with the respect they deserve.

Thirdly, sin harms the sinner and his relationship with God and with others. When you misbehave at home, everyone is upset. Only when you apologize for what you've done does happiness return. Here's another example: you hide something from your parents - something that you're afraid they might find out about. You get very nervous. You get angry over nothing and you have no joy. Sin destroys our relationship with ourselves, with God and with others.

After asking God to forgive us by confessing our sins, we still have to remedy the injustice that we have committed. If we have stolen something, we have to return it. If we have spoken badly about someone, we have to say we're sorry and that we were wrong. But how can we repair the injustice committed against God and against ourselves? By doing the penance that the priest gives us. Before absolving us of our sins "in the name of the Father, and of the Son, and of the Holy Spirit." The priest says, "For your penance..." and he tells us to pray some prayers, make a sacrifice, or perform some act of service for our neighbor. This is how we fulfill the fifth condition for a good Confession, which is "to do your penance".

This is what Samuel teaches us today. He had committed a great injustice against his mother, but then he makes up for that injustice so well, that he learns a lesson for the rest of his life - a lesson for himself, for his brothers and for us also, right?

PRAYER (XXX)

THE ACT OF CONTRITION



Samuel is not the only one washing the dishes. His four brothers want to help him to make up for what they had done.

Have you learned what you must do?

If I stole something, I must

.....

If I told lies, I must

.....

Our five friends have finally learned the five things necessary for making a good Confession. How about you?

Can you write them down?

1.- of

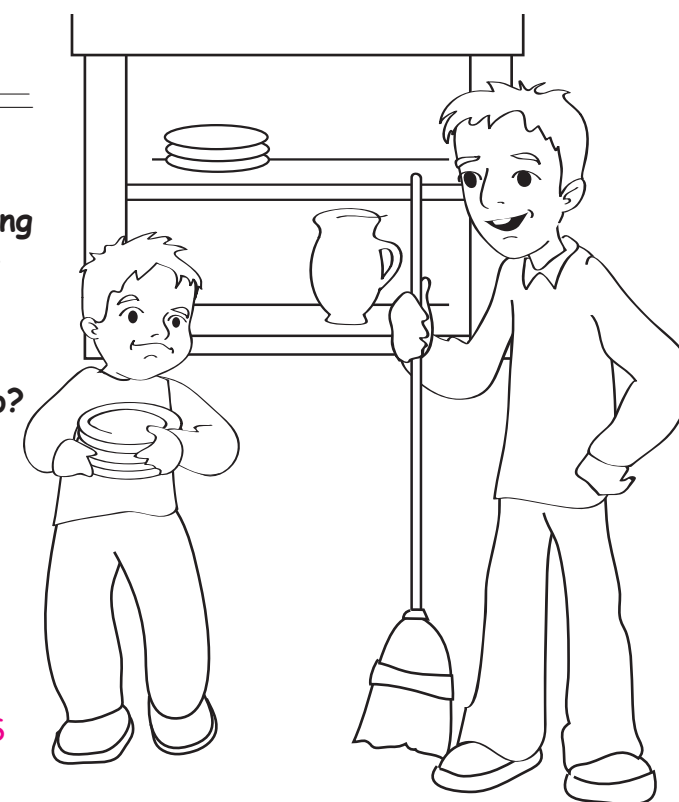
2.- for your

3.- of

4.- your to

the

5.- your



THE PRIEST ABSOLVES OUR SINS
IN THE NAME OF THE,
AND OF THE AND OF THE

Prayer:

Blessed Virgin Mary:

You who taught Jesus so many things
and watched Him grow
"in wisdom, and in stature,
and in favor with God and with man,"
teach me to also
get to know Jesus and to love Him
through this catechesis.

Open my understanding,
my will, my memory,
my heart...

Help me to learn more
about the life of Your Son
Jesus and truly become
a good Christian.

Mary, my dearest Mother,
Thank you!



...H.M. now has
more
for children!

Posters



Inspiring, upbeat music
for the whole family
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