

# pray

## Act of Contrition

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Leader:** Gathered as a community of believers, let us listen to God, speaking to us in his Word today and always.

Put on then, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do. And over all these put on love, that is, the bond of perfection. And let the peace of Christ control your hearts, the peace into which you were also called in one body. And be thankful. Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns, and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:12–17

**Leader:** Asking for forgiveness is sometimes difficult. But strength in character comes from knowing when we have sinned, being heartfelt in asking for forgiveness, and avoiding whatever leads us to sin. God asks

us to be genuine, and we will always be forgiven. The warm embrace of forgiveness brings us peace in our hearts. Now let us pray together the Act of Contrition.

**All:** 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.

**Leader:** Think about times when you found it difficult to forgive someone or to ask for forgiveness of someone you have wronged. Confirmation helps us build our character so that we can be more like Jesus. Take a few moments now for personal reflection. Speak to God in the quiet of your heart.

**All:** Loving God, through your gifts, we have the tools we need to be loyal, faithful followers. Please help us find the strength we need when we falter and the grace to recognize when we have done wrong. With your grace, we can be more faithful disciples of Jesus, your Son.  
Amen.