

♥ Act of Contrition/Prayer of Sorrow ♥

**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.**

We tell God we are sorry

**I firmly intend, with your help
To do penance,
To sin no more
And to avoid whatever leads me to sin.**

*We promise to try not to sin
again. We try to make up
for our sins.*

**Our Savior Jesus Christ suffered and
died for us. In his name, my God,
have mercy.**

*We ask God to forgive us
in Jesus' name.*

Amen.

♥ The Great Commandment ♥

**“You shall love the Lord your God with all your heart,
with all your soul, with all your strength,
and with all your mind; and your neighbor as yourself.”**

Luke 10:27

The Ten Commandments

The first three commandments show us how to love God.

1. **I am the Lord your God. You shall not have other gods besides Me.**
We love God most of all and we put God first in our life.
2. **You shall not take the name of the Lord your God in vain.**
We pray and use God's name only with love and respect.
3. **Remember to keep holy the Lord's day.**
We keep Sunday as God's special day of prayer and rest; we take part in Mass and avoid unnecessary work.

The other commandments show us how to love ourselves and others.

4. **Honor your father and your mother.**
We obey and show respect to parents and others who care for us.
5. **You shall not kill.**
We care for ourselves and others; we care for all living things.
6. **You shall not commit adultery.**
We show respect for marriage and family life. We respect our body and the bodies of others.
7. **You shall not steal.**
We respect creation and the things that belong to others. We are honest and fair.
8. **You shall not bear false witness against your neighbor.**
We are truthful in what we say and do. We speak well of others and do not gossip.
9. **You shall not covet your neighbor's wife.**
We are faithful to family members and friends. We are not jealous.
10. **You shall not covet anything that belongs to your neighbor.**
We share what we have and do not envy what other people have. We are not greedy.