

## Act of Contrition

Practice praying with hand motions to aid memorization; suggestions below, or make your own!

**My God,**

(Wave hello.)

**I am sorry for my sins**

(Use pointer fingers to trace from eyes down cheeks.)

**with all my heart.**

(Put both palms on chest.)

**In choosing to do wrong**

(Thumbs down.)

**and failing to do good,**

(Thumbs up.)

**I have sinned against you**

(Point straight ahead with both hands.)

**whom I should love above all things.**

(Raise hands up, straightening arms.)

**I firmly intend,**

(Bring right fist down on flat left hand, palm up.)

**with your help,**

(Cup your hands together, palms up.)

**to do penance,**

(Twist fists in front of eyes as if crying.)

**to sin no more,**

(Cross fists in front of chest, bring them downward and apart, opening hands.)

**and to avoid whatever leads me to sin.**

(Shield eyes)

**Our Savior Jesus Christ suffered and died for us.**

(Make cross with pointer fingers.)

**In his name, my God, have mercy.**

(Bow head.)

