

## Our Time with Jesus

This time of prayer focuses on the Act of Contrition. Pray the Act of Contrition two times: the first time for understanding, the second time from the heart. Follow the steps that are listed below.



Begin your prayer with the Sign of the Cross.

The Sign of the Cross affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

### *Sign of the Cross*

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

(Pray together aloud when praying with others)

Jesus, please give me the grace to quiet down so as to become aware of Your love for me. Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart.

### *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. Amen.**

- **THINK** about something you have done wrong today and tell God that you are sorry.
- **PRAY** the *Act of Contrition* a second time, from the heart, more slowly than the first time.
- **CHOOSE** a **word** or phrase from the Prayer that you like. Share why you liked this word, if you can, with those with whom you are praying.
- **THANK** Jesus in your own words for something good you received. (Share this aloud.)
- **ASK** Jesus for something that you need. (Share this aloud.)
- **PRAISE** Jesus using one of His names: my Savior, Good Shepherd, Lamb of God, my Helper.

**Close this prayer with the *Sign of the Cross*.**

**Dear Parents,**

You are the primary educators of your children. It is necessary to help your sons and daughters come to know the Person of Jesus Christ through studying the Catholic Faith, daily conversation with Him in prayer and participation at Mass every Sunday with the parish community. The Catholic school teacher or parish catechist will support you as the primary educators of your children.

Learning about God needs to be accompanied by daily prayer in the home so that your child will develop and grow in personal friendship with Him. This friendship with Jesus in turn strengthens your child and all members of the family, as together you walk the path to true happiness – interior peace and joy. While your child will be learning other prayers in the Second Grade, the *Act of Contrition* is the prayer that will be the specific focus throughout the entire year.

**Why pray this prayer daily?**

Jesus loves you unconditionally and He wants to spend time with you in prayer each day. In praying the *Act of Contrition*, you will realize better that you don't need to be afraid and that you can tell Jesus anything. He wants to forgive you and will do so with great love. Jesus died on the Cross for your sins. The *Act of Contrition* allows you to tell God that you are sorry, that you will seek to do better, with the help of His grace. Contrition means sorrow for the sins that you have committed together with the sincere desire and resolution not to sin again, which are only possible with the help of God's grace. Grace received in the Sacrament of Reconciliation will help you to become stronger in avoiding sin.

Begin by having your child repeat each phrase after you. Praying the *Act of Contrition* slowly as a family on a daily basis will make it easier to learn the words. To be consistent, it is essential to choose a specific time that best fits your schedule, such as in the morning, at a meal time, at bedtime

It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. Reading a Scripture passage about Jesus healing and forgiving people, such as the healing of paralytic (Mark 2:1-12) and the prodigal son (Luke 15:11-24), allows you to recognize the importance of receiving the Sacrament of Confession often. This Sacrament of Healing brings such positive effects as interior peace and joy along with freedom from guilt.

It is not uncommon to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with Jesus.

When you pray for something, you can trust that God will answer every prayer in a way that is best for you. Remember, sometimes the answer will be "yes," sometimes the answer will be "no," and sometimes the answer will be "not now, but later" as God's timing is perfect.

For further resources on the *Act of Contrition* go to [diolc.org/prayer](http://diolc.org/prayer) 2<sup>nd</sup> Grade