

FAITH AT HOME

A Parent Companion



THE ACT OF CONTRITION & THE NINTH & TENTH COMMANDMENT



Lesson Overview:

We have been memorizing the Act of Contrition all semester. This lesson we looked at the meaning of the prayer in more detail. Contrition is a word that means “sorrow” or to be sorry. Repentance means to be sorry for the wrongs you have done. It is necessary to be repentant, or truly sorrowful, in order to be forgiven by God. The prayer focuses on being sorry for having offended God, repenting of the sin, and resolving not to sin again.

We covered the last two commandments today: *You shall not covet your neighbor’s wife; You shall not covet your neighbor’s goods.* Coveting is desiring something in a sinful way. These two commandments show us that God not only wants us to act well, but also have good desires. We have to be grateful for all the blessings that we have, rather than envious of what others have.



“Christ and the Rich Young Ruler “
by Hoffman
Source: Wikimedia Commons

SAINTS AMONG US

Reconciliation



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REVIEW WITH YOUR CHILD

1. What is contrition? **To have sorrow for our sins.**
2. When we confess, what do we have to resolve? **To sin no more.**
3. What do the ninth and tenth commandments say? **Do not covet your neighbor's wife and goods.**

FAITH IN ACTION

In order not to covet material possessions, it is important to live simply. When we fall into consumerism, we purchase things we do not need and follow all the latest fads. It is important to be content with the things we need and have. If we have too many things, can we share some of our possessions with others? As a family, you could gather some things together to give to the poor.

AT HOME

Practice saying the Act of Contrition. Go through the parts of the prayer with your child and let him or her explain each one to you.

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 I have offended 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.



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