## **Lesson 30 Activity:**

An important prayer is the Act of Contrition. It is a prayer expressing sorrow for sin. There are a couple of different versions of the prayer. Pray one together. After praying an Act of Contrition, students can write their own. They will write a prayer, in their own words, telling God they are sorry for their sins. They can use the Act of Contrition as a guide to help them.

