



*Our Lady of the Rosary*  
FAMILY CATECHISM

LESSON 18: ON CONTRITION



Our Lady of the Rosary Family Catechism is published by Regina Angelorum Press, Inc.

By Fr. Anthony Pillari JCL, MCL, STL, JD and Lydia Russo

The contents of the Baltimore Catechism, including the questions and answers used in this programme, are in the public domain.

Our Lady of the Rosary Family Catechism Activity Packs are copyrighted.

© Lydia Russo

Great care is taken to credit photos, images and materials and seek permission before publishing. If you have a query regarding copyright, please contact  
Regina Angelorum Press Inc.

Regina Angelorum Press, Inc. 3216 Espada, New Braunfels, TX 78132, USA  
Email: [assistant.frpillari@reginaangelorumpress.com](mailto:assistant.frpillari@reginaangelorumpress.com)  
[www.reginangelorumpress.com](http://www.reginangelorumpress.com)

Unauthorised use and/or duplication of this material without express and written permission from Regina Angelorum Press, Inc. is strictly prohibited.

[www.olrfamilycatechism.com](http://www.olrfamilycatechism.com)

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

### Activity 1: Verbal repetition

Repeat orally the questions and answers from the Baltimore Catechism.

195. **Q. What is contrition or sorrow for sin?** A. Contrition or sorrow for sin is a hatred of sin and a true grief of the soul for having offended God, with a firm purpose of sinning no more.

196. **Q. What kind of sorrow should we have for our sins?** A. The sorrow we should have for our sins should be interior, supernatural, universal, and sovereign.

197. **Q. What do you mean by saying that our sorrow should be interior?** A. When I say that our sorrow should be interior, I mean that it should come from the heart, and not merely from the lips.

198. **Q. What do you mean by saying that our sorrow should be supernatural?** A. When I say that our sorrow should be supernatural, I mean that it should be prompted by the grace of God, and excited by motives which spring from faith, and not by merely natural motives.

199. **Q. What do you mean by saying that our sorrow should be universal?** A. When I say that our sorrow should be universal, I mean that we should be sorry for our mortal sins without exception.

200. **Q. What do you mean when you say that our sorrow should be sovereign?** A. When I say that our sorrow should be sovereign, I mean that we should grieve more for having offended God than for any other evil that can befall us.

201. **Q. Why should we be sorry for our sins?** A. We should be sorry for our sins, because sin is the greatest of evils and an offense against God our Creator, Preserver, and Redeemer, and because it shuts us out of Heaven and condemns us to the eternal pains of Hell.

202. **Q. How many kinds of contrition are there?** A. There are two kinds of contrition: perfect contrition and imperfect contrition.

203. **Q. What is perfect contrition?** A. Perfect contrition is that which fills us with sorrow and hatred for sin because it offends God, who is infinitely good in Himself and worthy of all love.

204. **Q. What is imperfect contrition?** A. Imperfect contrition is that by which we hate what offends God because by it we lose Heaven and deserve Hell; or because sin is so hateful in itself.

205. **Q. Is imperfect contrition sufficient for a worthy confession?** A. Imperfect contrition is sufficient for a worthy confession, but we should endeavour to have perfect contrition.

206. **Q. What do you mean by a firm purpose of sinning no more?** A. By a firm purpose of sinning no more I mean a fixed resolve not only to avoid all mortal sin, but also its near occasions.

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

### Activity 2: Prayer

Below is an Act of Contrition. Commit this prayer to memory. Pay attention to the words that are in bold and which highlight **perfect** contrition for one's sins.



### Act of Contrition

O My God, I am **heartily sorry** for having **offended Thee**,  
and I detest all my sins, because I dread the loss of Heaven and the pains of Hell,  
**but most of all**  
**because they have offended Thee, my God,**  
**who art all good and deserving of all my love.**  
I firmly resolve, with the help of Thy grace, to sin no more  
and to avoid the near occasion of sin,  
Amen.

### Activity 3: Word search

#### Words

1. SIN
2. IMPERFECT
3. PERFECT
4. CONTRITION
5. SORROW
6. INTERIOR
7. SUPERNATURAL
8. UNIVERSAL
9. SOVEREIGN
10. FIRM PURPOSE

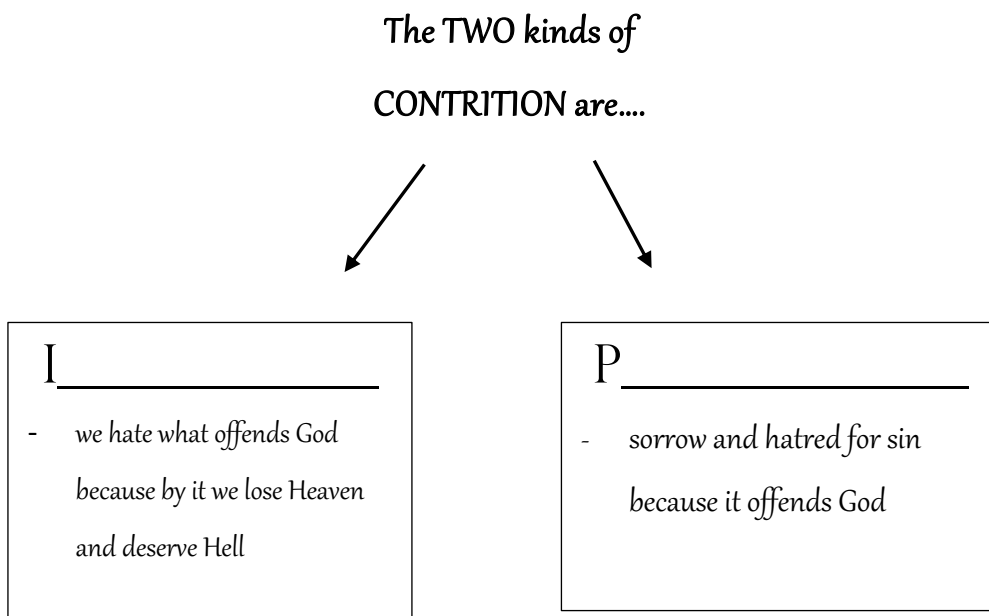
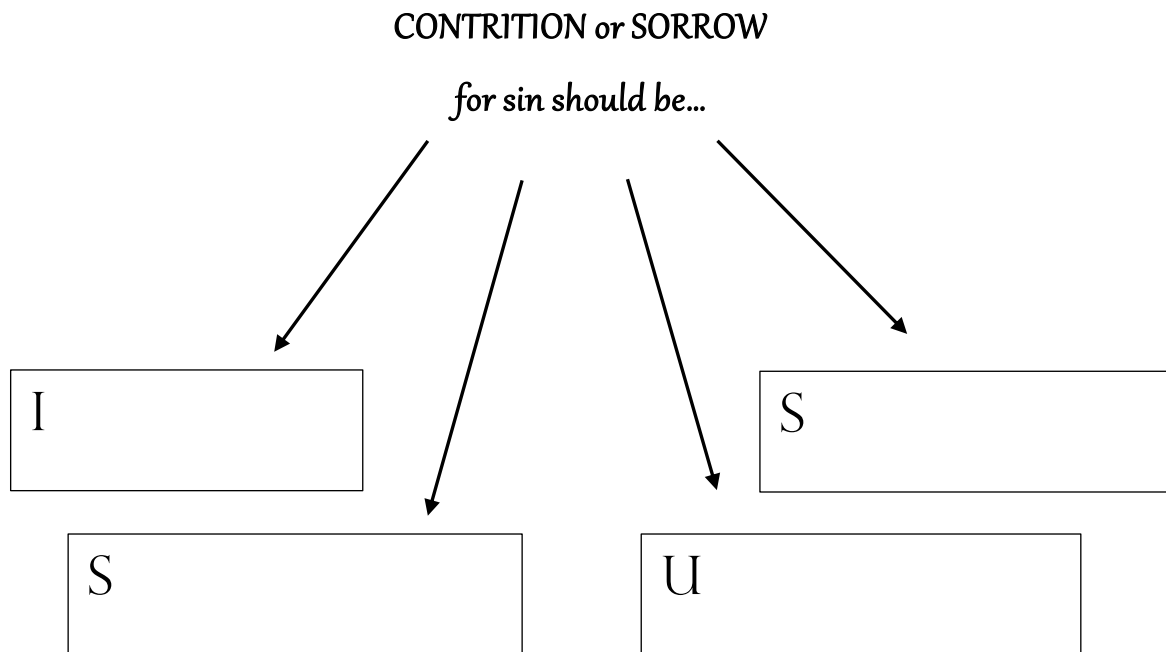
|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| S | U | P | E | R | N | A | T | U | R | A | L |
| I | O | A | I | N | T | E | R | I | O | R | C |
| N | U | V | P | O | Z | T | P | O | S | P | O |
| T | A | Y | E | U | A | U | S | L | K | E | N |
| I | M | P | E | R | F | E | C | T | T | R | T |
| Y | U | N | I | V | E | R | S | A | L | F | R |
| S | Z | L | O | T | Z | I | K | O | K | E | I |
| X | O | A | Y | N | S | X | G | U | S | C | T |
| P | W | K | P | L | K | W | L | N | K | T | I |
| T | S | O | R | R | O | W | N | Y | L | N | O |
| F | I | R | M | P | U | R | P | O | S | E | N |

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

### Activity 4: Assignment

Fill in the diagram below which explains contrition.



## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

### Activity 5: Artwork

Draw the scene from the anointing at Bethany found in Luke 7:36-49. This woman brought an alabaster box of ointment; and standing behind Jesus, she began to wash His feet with her tears, and to wipe them with the hairs of her head, and then kissed his feet, and anointed them with the ointment. Remember that the tears that this woman shed were a sign of her deep repentance and true sorrow for her sins.

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.



Activity 6: Fill in the gaps to the questions and answers from Activity 1. Can you do this from memory?

195. Q. What is contrition or sorrow for sin? A. Contrition or sorrow for sin is a \_\_\_\_\_ of sin and a true \_\_\_\_\_ of the soul for having offended

God, with a firm \_\_\_\_\_ of sinning no more.

196. Q. What kind of sorrow should we have for our sins? A. The sorrow we should have for our sins should be \_\_\_\_\_, supernatural, \_\_\_\_\_, and sovereign.

197. Q. What do you mean by saying that our sorrow should be interior? A. When I say that our sorrow should be interior, I mean that it should come from the \_\_\_\_\_, and not merely from the \_\_\_\_\_.

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

**198. Q. What do you mean by saying that our sorrow should be supernatural?** A. When I say that our sorrow should be supernatural, I mean that it should be prompted by the \_\_\_\_\_ of God, and excited by motives which spring from \_\_\_\_\_, and not by merely \_\_\_\_\_ motives.

**199. Q. What do you mean by saying that our sorrow should be universal?** A. When I say that our sorrow should be universal, I mean that we should be sorry for our \_\_\_\_\_ sins \_\_\_\_\_ exception.

**200. Q. What do you mean when you say that our sorrow should be sovereign?** A. When I say that our sorrow should be sovereign, I mean that we should grieve more for having \_\_\_\_\_ God than for any other \_\_\_\_\_ that can befall us.

**201. Q. Why should we be sorry for our sins?** A. We should be sorry for our sins, because sin is the greatest of \_\_\_\_\_ and an \_\_\_\_\_ against God our Creator, Preserver, and Redeemer, and because it shuts us out of \_\_\_\_\_ and condemns us to the eternal pains of \_\_\_\_\_.

**202. Q. How many kinds of contrition are there?** A. There are \_\_\_\_\_ kinds of contrition: \_\_\_\_\_ contrition and \_\_\_\_\_ contrition.

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

203. Q. What is perfect contrition? A. Perfect contrition is that which fills us with \_\_\_\_\_ and hatred for sin because it \_\_\_\_\_ God, who is infinitely good in Himself and worthy of all \_\_\_\_\_.

204. Q. What is imperfect contrition? A. Imperfect contrition is that by which we hate what offends God because by it we \_\_\_\_\_ Heaven and \_\_\_\_\_ Hell; or because sin is so \_\_\_\_\_ in itself.

205. Q. Is imperfect contrition sufficient for a worthy confession? A. Imperfect contrition is \_\_\_\_\_ for a worthy confession, but we should \_\_\_\_\_ to have perfect contrition.

206. Q. What do you mean by a firm purpose of sinning no more? A. By a firm purpose of sinning no more I mean a fixed \_\_\_\_\_ not only to \_\_\_\_\_ all mortal sin, but also its near \_\_\_\_\_.

### Activity 7: Match the questions and answers

On the following page, use an arrow to join up the questions with their corresponding answer.

Once you have done this, cut out the questions and answers and stick them together to make **FLASH CARDS**.

Alternatively, you may wish to use them to play **MEMORY PAIRS**.

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

195. Q.

What is contrition  
of sorrow for sin?

A. When I say that our  
sorrow should be interior, I  
mean that it should come  
from the heart, and not  
merely from the lips.

196. Q. What kind  
of sorrow should  
we have for our  
sins?

A. The sorrow we should  
have for our sins should  
be interior, supernatural,  
universal, and sovereign.

197. Q. What do you  
mean by saying that  
our sorrow should be  
interior?

A. When I say that our sorrow  
should be supernatural, I mean  
that it should be prompted by the  
grace of God, and excited by  
motives which spring from faith,  
and not by merely natural motives.

198. Q. What do you  
mean by saying that  
our sorrow should be  
supernatural?

A. Contrition or sorrow for sin  
is a hatred of sin and a true  
grief of the soul for having  
offended God, with a firm  
purpose of sinning no more.

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

199. Q. What do you mean by saying that our sorrow should be universal?

A. When I say that our sorrow should be universal, I mean that we should be sorry for our mortal sins without exception.

200. Q. What do you mean when you say that our sorrow should be sovereign?

A. There are two kinds of contrition: perfect contrition and imperfect contrition.

201. Q. Why should we be sorry for our sins?

A. When I say that our sorrow should be sovereign I mean that we should grieve more for having offended God than for any other evil that can befall us.

202. Q. How many kinds of contrition are there?

A. We should be sorry for our sins, because sin is the greatest of evils and an offense against God our Creator, Preserver, and Redeemer, and because it shuts us out of Heaven and condemns us to the eternal pains of Hell.

## Lesson 18: On Contrition

O Jesus, [I choose to live this day] for love of Thee, for the conversion of sinners  
and in reparation for the sins committed against the Immaculate Heart of Mary. Amen.

203. Q.  
What is perfect  
contrition?

A. Imperfect contrition is sufficient for a worthy confession, but we should endeavor to have perfect contrition.

204. Q.  
What is imperfect  
contrition?

A. By a firm purpose of sinning no more I mean a fixed resolve not only to avoid all mortal sin, but also its near occasions.

205. Q. Is imperfect  
contrition sufficient  
for a worthy  
confession?

A. Perfect contrition is that which fills us with sorrow and hatred for sin because it offends God, who is infinitely good in Himself and worthy of all love.

206. Q. What do you  
mean by a firm  
purpose of sinning  
no more?

A. Imperfect contrition is that by which we hate what offends God because by it we lose Heaven and deserve Hell; or because sin is so hateful in itself.





RA

REGINA ♦ ANGELORUM ♦ PRESS