Dear God,

1. I am sorry for the choices I have made that hurt someone.
2. Those choices have made you sad
3. and hurt my friendship with you.
4. Those choices have hurt me and other people
5. and have hurt my friendships with them.

6. I will really try, with your help God, to make better choices.

Amen.
Prayer of Sorrow, Adapted⁶,⁷

Dear God,

7. I am sorry for the unloving choices I have made that hurt someone.

8. Those choices have made you sad

9. and hurt my friendship with you.

10. Those choices have hurt me and other people

11. and have hurt my friendships with them.

12. I will really try, with your help

God, to make loving choices. Amen.

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⁶ This is a PRAISE® resource developed by the department for Pastoral Ministry with Persons with Disabilities of the Archdiocese of Newark. Persons Recognized Accepted Included Spirit-filled Educated

The PRAISE® Project is the work of talented professional educators with generous hearts in collaboration with the department for Pastoral Ministry with Persons with Disabilities for the Archdiocese of Newark.

⁷ imprimi potest Rev. Msgr. Richard Arnhols

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