

# Forgiven by God

FOCUS

1. In the Sacrament of Penance, God welcomes and forgives us.

*During lesson time your child:*

- *illustrated the celebration of the Sacrament of Penance;*
- *recalled that reconciliation means bringing together to make peace.*

In the Sacrament of Penance I celebrate God's forgiveness in the community of the Church. We pray together and read a story from the Bible. It is a story of God's great love. We think about times we have not lived as well as we could. We pray the "Our Father" together, asking for God's forgiveness and help. Then I meet with the priest individually. He welcomes me and I make the Sign of the Cross. I talk about anything I have done wrong and the times I have hurt other people. The priest helps by listening to me and giving me some ideas for living a good life. He gives me a prayer to say after I leave. This is called a Penance. Then I tell God how sorry I am and I promise to live a good life.

The priest then holds his hand over my head and says a prayer that gives me God's forgiveness. This is called the prayer of absolution. I say, "Amen!"

He says, "Go in peace!" That means God has forgiven me and I am reconciled with all God's People. Then I tell God how sorry I am and I promise to live a good life. The priest then holds his hand over my head and says a prayer that gives me God's forgiveness. This is called the prayer of absolution. I say, "Amen!"

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## SUGGESTED HOME ACTIVITIES

These are some suggested activities to do at home with your child.

1. Help your child memorise the following prayer:  
Short Act of Contrition (A prayer we say to tell Jesus we are sorry):

*O my God, I am sorry  
that I have sinned against you,  
because you are so good,  
and with your help  
I will not sin again.*

2. Lead your child to bring Jesus' joy to others. Lead your child in the following reflection: "Jesus shows his goodness to us by giving us the gift of the Sacrament of Penance. He forgives us and gives us his peace and love to help us love God and others more. Jesus is our friend and wants us to be happy now and in heaven! Jesus is a giver of peace and joy. Let's try and be like him and give peace and joy to others. Think of something you can do today to make someone happy. [Pause] Ask Jesus to help you remember to do it."

**To Remember:**

**I reconcile when I say "sorry."**

Use the words in the word box to complete the sentences.

I examine my \_\_\_\_\_.

I tell God I am \_\_\_\_\_ for my sins.

I think about how I can be more loving  
and I \_\_\_\_\_ God to try.

I \_\_\_\_\_ my sins to a priest.

I receive \_\_\_\_\_ forgiveness.

I do my \_\_\_\_\_.

confess   conscience   Jesus'  
penance   promise   sorry



Jesus,  
you have told us how much God loves us.  
Help us to always show we are God's children.  
Amen.