

# We Prepare for the Sacrament of Forgiveness

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## WE GATHER

✝ **Leader:** Jesus is our Good Shepherd.

**All:** Jesus, we are the sheep of your flock.

**Leader:** Jesus, may we never wander far from you.

**All:** Jesus, Good Shepherd, hear us.

**Leader:** Jesus, when we have not followed your ways,

**All:** Forgive us and lead us back to your loving ways.

☀ Why do you think friends and family forgive each other? How do they show their forgiveness?





## WE BELIEVE

### Jesus invites us to celebrate God's forgiveness.


Jesus told people this story about God's love and forgiveness.

 Luke 15:4-6

There was a shepherd who took care of one hundred sheep. One day one of the sheep wandered away. The shepherd left the other sheep. He searched for the lost one until he found it. He carried it home. Then he called together his friends. He said, "Rejoice with me because I have found my lost sheep." (Luke 15:6)

Sin separates us from God and one another. When we sin, we are like the lost sheep. But Jesus has given us a way to come back together again. The word *reconciliation* comes from a word that means "coming back together again."

Jesus has given us a way to receive God's forgiveness. The Church celebrates this forgiveness in the Sacrament of Penance and Reconciliation.

 What does Jesus' story of the lost sheep help you to know about God's love?







## Jesus shares God's forgiveness and peace in the Sacrament of Penance and Reconciliation.


When we sin, we are not at peace with God, ourselves, or others. In the Gospels we read some stories about people who were not at peace with God. Jesus forgave their sins. Jesus shared God's mercy and peace with them.

Jesus gives us a way to find peace, too. He shares God's forgiveness with us. In the Sacrament of **Penance and Reconciliation** we receive and celebrate God's forgiveness of our sins. We also call this sacrament the Sacrament of Penance.

Jesus gave his Apostles the power to forgive sin in his name. Today in the Sacrament of Penance, bishops and priests forgive sins in Jesus' name. They received this power to forgive sins in the Sacrament of Holy Orders.

### Key Word

**Penance and Reconciliation** the sacrament in which we receive and celebrate God's forgiveness of our sins

 Circle every third letter to find the missing word. Write the word in the sentence.

n o p c d e y z a b d c f g e

The Sacrament of Penance brings us God's

\_\_\_\_\_.






**We examine our conscience.**

God has given each person a **conscience**. This gift helps a person to know what is right and what is wrong.

We can prepare to celebrate the Sacrament of Penance by examining our conscience. This means we think about our thoughts, words, and actions.

The Holy Spirit helps us to remember the choices we have made. We think about the ways we have or have not followed the Ten Commandments. We ask ourselves questions like these.

- Did I speak God's name with respect and pray to him?
- Did I care for myself and the gifts God has given to me?
- Did I obey my parents and all those who care for me?

 Think about other questions you can ask yourself to examine your conscience. Write one of them here.

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**Key Word**

**conscience**  
God's gift that helps us to know right from wrong





## We tell God we are sorry for our sins.

Another word for sorrow is *contrition*.

We tell God we are sorry for our sins in the Sacrament of Penance. We also tell God we will try not to sin again. We do both of these things when we say the Act of Contrition. Prepare for the Sacrament of Penance by learning this prayer.

### Act of Contrition

My God,  
I am sorry for my sins with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance,  
to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In his name, my God,  
have mercy.

### WE RESPOND

How can you show God  
you are truly sorry?

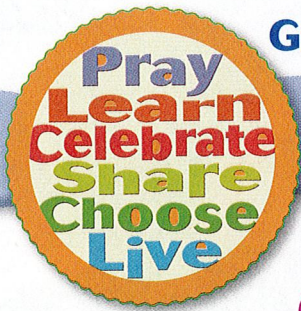
Pray together the Act of  
Contrition on this page.

### As Catholics...

Many Catholics make an examination of conscience during their nighttime prayer. They think about ways they have or have not followed Jesus' example that day. They ask themselves how they have respected God, themselves, and others. They then ask the Holy Spirit to help them make better choices.

Ask the Holy Spirit to help you to make good choices, too.





# PROJECT

## Show What *you* Know

Use the color code to color the **Key Words**.



God's gift that helps us to know right from wrong



the sacrament in which we receive and celebrate God's forgiveness of our sins

# conscience

# Penance and Reconciliation



All of us are in need of God's forgiveness. The Church encourages us to celebrate God's forgiveness in the Sacrament of Penance. If we sin in a way that breaks our friendship with God, we must tell these mortal sins to the priest. We should also tell any venial sins. They hurt our friendship with God and with one another. In the Sacrament of Penance we receive forgiveness and are at peace with God and with one another.



## Make it Happen

With a classmate, write a skit about forgiveness. Your skit must have a beginning, a middle, and an end. Plan it out in the space below.

Beginning

Middle

End

Practice your skit together, and then act it out for your class.



## Take Home

On a separate piece of paper, draw a picture of the shepherd and the lost sheep. Cut each one out. Use craft sticks to make your pictures into puppets. Perform a puppet play of the story of the lost sheep for your family.

**DISCIPLE CHALLENGE** How are we like the lost sheep? How is God like the shepherd? Tell your family.



# CHAPTER TEST

**Fill in the circle beside the correct answer.**

1. Our \_\_\_\_\_ helps us to know right from wrong.  
 conscience                       contrition
  
2. Penance and Reconciliation is a sacrament of \_\_\_\_\_.  
 forgiveness                       forgetting
  
3. We are not at peace with God, ourselves, and others when we \_\_\_\_\_.  
 love                                       sin
  
4. A word that means “coming back together again” is \_\_\_\_\_.  
 reconciliation                       conscience
  
5. When we think about our thoughts, words, and actions, we examine our \_\_\_\_\_.  
 contrition                               conscience
  
6. \_\_\_\_\_ is another word for sorrow.  
 Contrition                               Reconciliation

**7-8. Write two ways to prepare for the Sacrament of Penance.**

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**9-10. Write two things we tell God in the Act of Contrition.**

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