

5

Being Sorry; Asking Forgiveness



We must be sorry for our sins. When we are truly sorry, we agree not to sin again.

- ✚ We are sorry because we hurt each other
- ✚ We are sorry because we hurt our friendship with God
- ✚ We promise with all our heart not to sin again.

How do we know when we are sorry for our sins?

- We are willing to **confess** our sins
- We become aware that we have **hurt others** through our sins
- We **hate** what we have done wrong!
- We want to **never do it again!**
- We **promise to change** and be more loving

We remember that God loves us!

Parent lesson plans for page one of the 5th lesson.

Follow the numbers.

1 To help your child understand **sorrow**, talk about how you know in your family when someone is sorry for hurting someone else.

What do you do when you are **really sorry for something**? You might mention things like

- ✚ when we say we are sorry for something we did
- ✚ when we make up by being nice to each other
- ✚ when we cry and hug because we hurt each other
- ✚ when we don't repeat the wrong thing


3 Throughout these lessons, your child has been learning the meaning of the word "**Contrition.**" Help them see that all of the items on this page help us define it. Make sure your child understands all these words.

4 Your child learns when he or she sees you **doing the thing you are teaching them.** Share with your child about how sorrow in your own life has helped you be close to God and to others.

Explain that **only people who are never sorry are lonely.** We all hurt each other. We all sin. But we are learning here how to make up for that and be friends with others and God.

2 Help them see that in Reconciliation, the same holds true. It's just like family life except that it is with **God and the Church family.**

Session 5: First Reconciliation Child Text Growing Up Catholic



**Prayer Celebration:
Growing up Catholic means
saying we're sorry
when we have sinned**

Begin with the Sign of the Cross. Everyone says it aloud together.
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: This is a very special time here in our preparation process for the Sacrament of Reconciliation because today we are going to learn what it means to be sorry for our sins.

Let us pray. Oh Jesus, we love you and want to love you more.

All: Help us to love you better.

Leader: Jesus, we know that we sometimes fail to be the people you want us to be, and we are sorry for the times when we have sinned.

All: We are sorry for all our sins, O Jesus.

Reader: *Be a listener now to God's Word from the Bible: (Matthew 19:13-15)*
A reading from the Gospel of Matthew...
... This is the Gospel of the Lord
All: Praise to you, Lord Jesus Christ!

Listen to the Leader.
All: *(Focus after each line)*
We know we hurt you
And we hurt each other each time we commit a sin.
Please help us to be really sorry.
Help us to really want to do better
And help us to love you more. Amen.

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Parent lesson plans for page two of the 5th lesson.
Follow the numbers.

➔ **1 Pray** this with your child, helping them find their way through it as the leader guides you.

➔ When the time comes, help your child write the words **I am sorry** on the slips of paper. Show them how by writing the words for yourself. You will be invited to go forward as a family and place the papers near the Bible.

➔ **2** Be sure your child understands all the words in this prayer celebration. The reading in this celebration is the same one we saw in the first lesson, Jesus loving the little children. Help your child remember that and remember that Jesus loves him or her.

With your child: Children at this age have tender consciences. They are aware of their own early choices and decisions. They are sensitive to love. In order to prevent your child from becoming callous, share with them about your own faith. Let them see what you believe. Affirm them when they are loving and tender.

If you are not Catholic yourself (a spouse or friend of a Catholic who has a child in this formation process) we welcome you here! You play a vital role in the life of any child who is within your orbit. You can help by showing them that no matter what your own religious faith (or even lack of faith) you still believe in doing what is loving and right. You still believe in being sorry when you have hurt someone else. You believe in forgiveness and contrition.

What is Contrition?

Contrition has four parts.
Read each statement, then fill in the empty box.

We love God.
Why do we love God?

We realize what we did was wrong.
Why is sin wrong?

We are sorry for it.
Why must we feel sorry for our sins?

We promise to be better.
How can we be more like Jesus?

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Parent lesson plans for page three of the 5th lesson.
Follow the numbers.

1 Help your child understand the vital place which **contrition** plays in Growing up Catholic. The need to be truly sorry for our sins is a deeply held belief of all Catholics.

2 Why do you love God? **Help your child tell why.** You might say things like:

- Because God loves us first
- Because God is good
- Because Jesus gave his life for us

3 Why is sin wrong? Help your child tell why. You might say things like:

- It hurts our friendship with Jesus
- It hurts the people around us
- It's against God's Rules of Love

4 Why must we feel sorry for our sins? Help your child tell why. You might say things like:

- In order to feel God's forgiveness
- In order to not sin again

5 How can we be more like Jesus? Help your child tell how. You might say things like:

- Make daily choices to be loving
- Follow God's Rules of Love

Parent lesson plans for page 4 & 5 of the 5th lesson.

Follow the numbers.

Session 5: First Reconciliation Child Text Growing Up Catholic

An Act of Contrition of My Own

Find the words in the puzzle that match the RED words.

S U S E J	JESUS
E O B D M	
A V R J F	LOVE
C R O R Z	
W E W L Y	SORRY

In the writing spaces, write the words that tell how you believe

Do you love Jesus? Yes, I love

Do you realize that sin is wrong?
I know that sin is

Are you sorry for your sins?
I am _____ for my _____


Do you promise to do better? _____

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1 Help your child play this little game – to **find the three words**.

2 Then help them fill in the blanks. The words you need are: Jesus, wrong, sorry, sins, yes.

In doing this exercise, help your child realize that he or she is writing their own Act of Contrition.



Meeting Jesus in the Bible


We are sorry for our sins. We do not want to commit them again. We tell Jesus we are sorry.

A Woman who Says She's Sorry

Jesus was having supper in the home of an important person named Simon. Then a sinful woman came in.

She had perfume with her. She was so sorry for her sins, that she was crying.

She showed her sorrow by putting the perfume on Jesus' feet.



But Simon was shocked. He thought to himself, "If Jesus is so smart, why doesn't he know that this woman is a sinner?"

Jesus knew his thoughts and told him: "This woman has shown great love for me and her sins are forgiven."

He said to the woman, "Go in peace."

(Based on Luke 7: 36-50)

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3 Begin by showing your child the **Bible** again. Open it to show them this passage.

4 Tell them that we are going to read this story in words that we understand better.

5 Then close the Bible and ask them to read this passage aloud. Help them when needed.

6 Help your child grasp **the power of this story**. Ask them to look at the picture of the woman. What is she doing? Why is she crying? Ask your child to retell this story in his or her own words.

7 Point out how Jesus responded to this woman. Explain that he responds in the same way to us when we are sorry for our sins.

Color this picture together...



Why was the woman crying?

Why did she wipe Jesus' feet with perfume?

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Parent lesson plans for page six of the 5th lesson.

Follow the numbers.

1 Time for a break! Help your child **enjoy** this time as they color this image of the Bible story.

Coloring time is a good time to be close to your child without necessarily talking about faith.

Don't be afraid to **put your arm around your child** during this time.

2 This is also a good time to pause and invite your child to **write a short prayer**, telling Jesus that he or she is sorry for committing sins. Use the space below to compose such a prayer. **Help your child decide what to write, and share your own sorrow for sins with your child.**

Dear Jesus,


Love,

Parent lesson plans for pages 7 & 8 of the 5th lesson.

Follow the numbers.

The Sacrament of Reconciliation
The Act of Contrition

When do I say my Act of Contrition?



- After you tell the priest your sins
- And after he asks you questions or gives you advice
- He will **invite you** to express your sorrow
- Contrition means being sorry and being willing to not sin again.


Absolution

When does the Priest give me absolution?

- After you say your **Act of Contrition**, the Priest will say:

Through the ministry of the church may God give you pardon and peace and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. (here you make the Sign of the Cross)

You answer: AMEN



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1 Throughout these lessons, we have been learning the **Act of Contrition**. Explain to your child that during the Sacrament of Reconciliation, he or she will be invited to say this prayer aloud.

2 Tell your child he or she should wait until the Priest has given them their penance. They will be invited to say this prayer.

3 Remind your child that the most important moment of the celebration is next, when the Priest gives them **absolution**. Make sure they understand this term.

Session 5: First Reconciliation Child Text Growing Up Catholic



At home this week
Work on this together at home as a way of continuing the process of preparing for the Sacrament of Reconciliation

Rehearsal time

The Sacrament of Reconciliation can feel a little scary to a Second Grade student who is celebrating it for the first time. You can help by making sure your child knows the prayers and knows what will happen. The pages in Growing Up Catholic in each lesson that explain this will make an excellent review. Go back through them from beginning to end.

Also help your child to memorize the Sign of the Cross and the Act of Contrition. Your child may also be given a penance, which may involve praying the Our Father, the Hail Mary, and the Glory Be. Make sure they know these prayers by heart.

Because your child is only in Second Grade, here is an Act of Contrition that they can easily memorize and understand.

ACT OF CONTRITION

Dear God, I am very sorry for any ways that I failed to love and committed sins. I'm sorry because I know you love me very much. I promise to do better and I know you will help me. Amen.

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4 Rehearse your child in all of the prayers and steps for this Sacrament. Help them review their Examination of Conscience.

5 As the parent or parents of a child in this process, we urge you to **celebrate this sacrament yourself**, as a model for your child. Your child will only learn what they see you doing.