

ALIVE IN CHRIST

GRADE 2

Sacraments of Penance and Eucharist

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Our Sunday Visitor

Seek Forgiveness



Let Us Pray

Leader: God, we thank you for your love and forgiveness.

You have forgiven your people's sins and all their wrongs. **Based on Psalm 85:3**

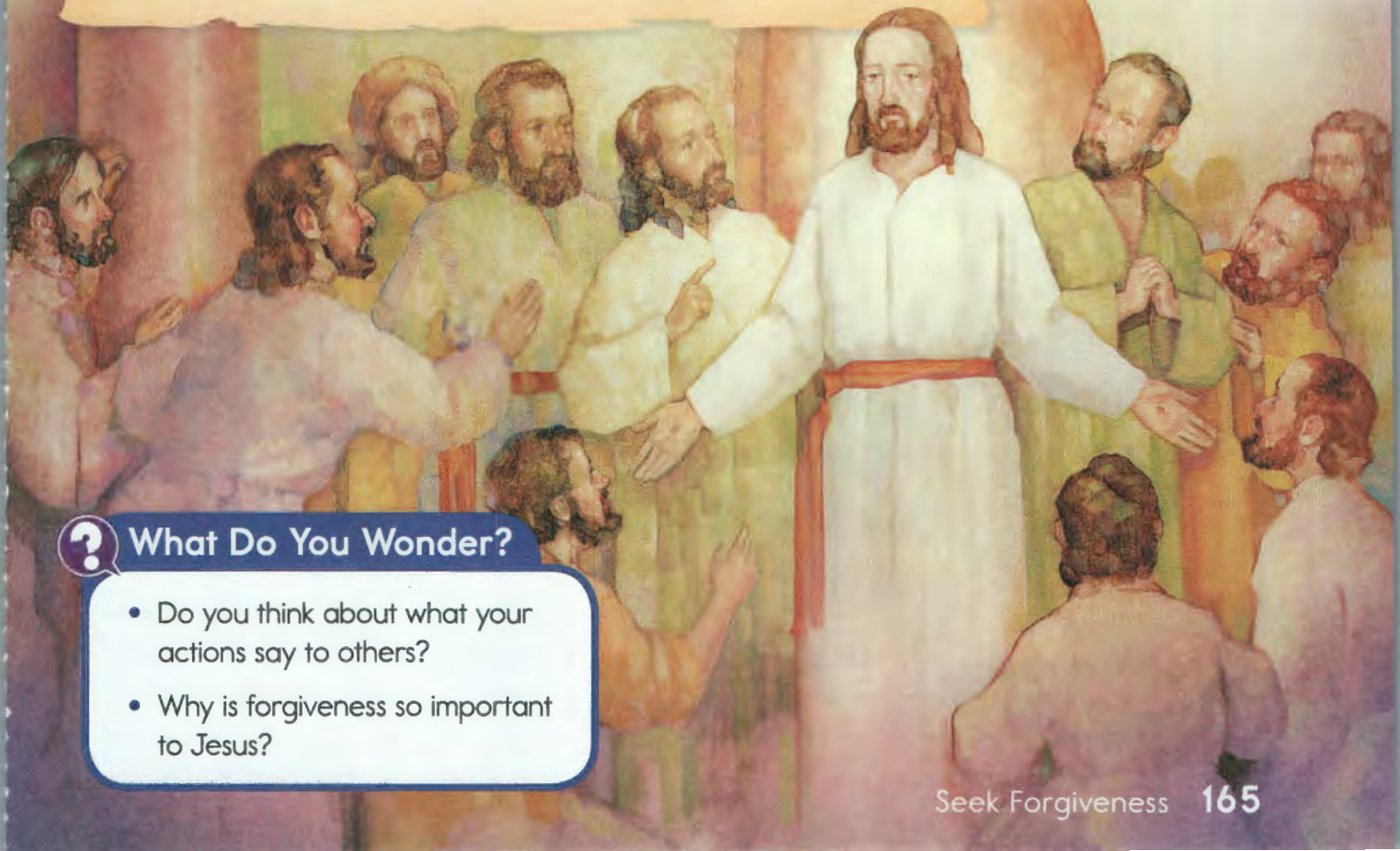
All: Thank you, God, for your forgiveness. Amen.



God's Word

After Jesus rose from the dead, he went to the disciples who were locked in a room because they were afraid. "Peace be with you," he said. "Whose sins you forgive are forgiven them..." **Based on John 20:21, 23**

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What Do You Wonder?

- Do you think about what your actions say to others?
- Why is forgiveness so important to Jesus?

Making Things Right

How can you show you are sorry?

Sometimes we make choices that accidentally hurt someone. Other times, we hurt others on purpose; we choose to sin. In this story, Jesus tells us how to show we are sorry and seek forgiveness.



Underline what Jesus said to the woman after she washed his feet.



God's Word

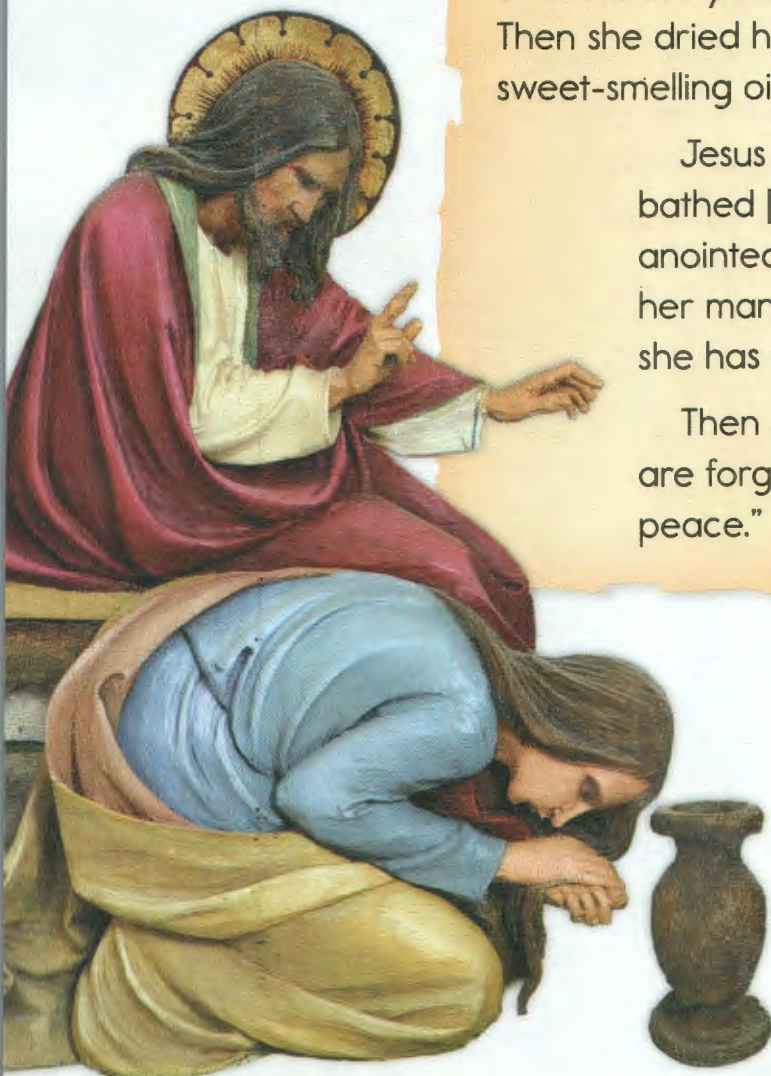
The Woman Who Was Forgiveness

One day, Jesus was having dinner. An uninvited woman came into the room and knelt at Jesus' feet. She was sorry for her sins. Her tears fell on Jesus' feet. Then she dried his feet with her long hair and poured sweet-smelling ointment on his feet.

Jesus spoke up for the woman. "She has bathed [my feet] with her tears and. . . anointed my feet with ointment. So I tell you, her many sins have been forgiven; hence, she has shown great love."

Then Jesus said to the woman, "Your sins are forgiven. . . Your faith has saved you; go in peace." **Based on Luke 7:36-39, 44-50**

➔ How did the woman show she was sorry for her sins?



Examination of Conscience

You may sometimes choose not to obey God's laws. This hurts your friendship with God and others.

You can ask the Holy Spirit to help you see where you have made wrong choices. You can think about your thoughts, words, and actions. This prayerful way of looking at your life is called an **examination of conscience**. It helps us know whether what we've done is right or wrong.

Here are some questions you can think about to help you examine your conscience:

- Did I put God first in my life?
- Did I use God's name in a holy way?
- Did I keep Sunday a holy day?
- Did I obey my parents and teachers?

After you think about your sins, you can tell God that you are sorry. Then tell him you will try harder to live by his Commandments. This means you have **contrition** for your sins.

Share Your Faith

Think Write one more question you can use to examine your conscience.

Share Share your answer with a partner.

Catholic Faith Words

examination of conscience a prayerful way of thinking about how we have followed the Ten Commandments, Beatitudes, and Church teachings

contrition being sorry for your sins and wanting to live better

The Sacrament of Reconciliation

How do we receive God's forgiveness?

After examining your conscience and being sorry for your sins, you are ready to celebrate the Church's **Sacrament of Penance and Reconciliation**. Each time you receive this Sacrament, you receive God's forgiveness and celebrate your friendship with him and the Church community.

You can participate in this Sacrament individually or as part of a parish celebration. Either way, you always confess your sins privately to a priest, who grants forgiveness in God's name. The priest will help you if you forget a step.

Catholic Faith Words

Sacrament of Penance and Reconciliation the Sacrament in which God's forgiveness for sin is given through the Church

confession telling your sins to the priest

penance a prayer or an act to make up for sin

absolution words spoken by the priest during the Sacrament of Penance and Reconciliation to grant forgiveness of sins in God's name

Connect Your Faith

Unscramble the Words Find a phrase used during the Sacrament of Reconciliation.

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Steps in the Sacrament

- 1 Welcome Rites** The priest greets you with the Sign of the Cross.



- 2 Scripture Reading** Sometimes the priest reads, or you quietly read, a Bible passage about forgiveness.

- 3 Confession and Penance** Next you tell your sins to the priest. This is called **confession**. He can never tell anyone your sins. He talks with you about ways you can do better. He gives you a **penance**.



- 4 Contrition** You pray an Act of Contrition. (See page 170 for this prayer.)

- 5 Absolution** The priest gives **absolution**, or forgiveness of your sins, in the name of the Father, the Son, and the Holy Spirit. (See page 315 for the words of this prayer.)



- 6 Closing** The priest prays, "Give thanks to the Lord, for he is good." You say, "His mercy endures for ever." You go out to do better and to make up for what you have done wrong.

Our Catholic Life

How do you tell God you are sorry for sin?

In the Sacrament of Reconciliation, you pray an Act of Contrition. This prayer tells God that you are sorry for what you've done and that you need him to help you do better in the future.

Act of Contrition



Match the words of the prayer on the left with what they mean on the right.

Words of the Prayer

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. ●

What They Mean

● Sometimes I have done wrong things on purpose. Sometimes I haven't done good things that I should have done.

● God I know I have done wrong, and I am very sorry.

● God, you have asked me to love you with my whole heart, soul, mind, and strength, and I haven't done that.

● Jesus died on the Cross to save us from the power of sin.

● I believe what Jesus taught us about you, his loving Father. Please forgive me.

● From now on, I will try harder to make better choices. I will stay away from people and things that lead me from you.

● God, I promise to do the actions and say the prayers that the priest gives me. I need your help.

People of Faith

Saint Benedict-Joseph Labré, 1748–1783

Saint Benedict-Joseph Labré wanted to be a priest, but he had a mental disease and couldn't go to a seminary. Instead, he became a beggar. From the time he was very young, Saint Benedict-Joseph confessed all of the wrong things he did. He would ask God to forgive him. Then he would promise God he would try very hard not to do anything wrong again. Sometimes people were afraid of Saint Benedict-Joseph because he wore rags and lived outside. After he died, people realized that he was a very holy man.



April 16

Discuss: How can you try harder to follow God's laws?

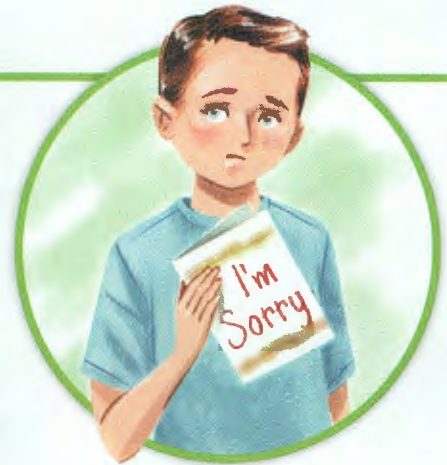


Learn more about Saint Benedict at aliveinchrist.osv.com

Live Your Faith

Tell what is happening in the picture.

Draw one way that you can show you're sorry.



 Let Us Pray

Prayer for Forgiveness

Gather and begin with the Sign of the Cross.

Leader: When we don't put God first in our lives,

All: Lord, have mercy.

Leader: When we choose not to obey our parents or teachers,

All: Christ, have mercy.

Leader: When we say or do something to hurt others
on purpose,

All: Lord, have mercy.

Leader: When we take something that is not ours,

All: Christ, have mercy.

Leader: When we do not tell the truth,

All: Lord, have mercy.

Leader: Loving Lord, forgive us. Bring us back to you.

All: Amen.

Share a sign of peace.



Sing "Through My Fault"

Through my fault, I choose
what's wrong. Through my fault,
your will's not done.

So, Lord, have mercy be with me.

Christ, have mercy forgive me.

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YOUR CHILD LEARNED >>>

This chapter explains how we celebrate the Sacrament of Penance and Reconciliation and how forgiveness heals people and relationships with God and the Church.

God's Word



Read **Luke 7:36–39, 44–50** to learn more about how Jesus invites us to look at how we forgive.

Catholics Believe

- In the Sacrament of Penance and Reconciliation, you receive God's forgiveness.
- This Sacrament also celebrates your friendship with God and the Church.

To learn more, go to the *Catechism of the Catholic Church* #1422–1424 at usccb.org.

People of Faith

This week, your child met Saint Benedict-Joseph Labré, a homeless beggar who was a very holy man.

CHILDREN AT THIS AGE >>>

How They Understand the Sacrament of Reconciliation

Children at this age might feel nervous about confessing their sins to a priest. They might worry about what the priest will think of them. Tell them that the priest has likely heard every sin confessed and cannot talk to anyone about their confession. The priest is a visible sign of both Christ and the Church, and confession to a priest gives us a chance to experience God's forgiveness in a way that we can see. It's also helpful for children to see a parent receive this Sacrament.



CONSIDER THIS >>>

What makes you believe that someone is truly sorry?

How easy it is to tell "imperfect sorrow" when you have to direct your child to tell his sister he is sorry! In our adult lives it takes great trust to believe that who hurt you is truly sorry. "Contrition that arises from the love of God above all else is called 'perfect contrition.' This loving sorrow remits [forgives] venial sins and even mortal sins so long as we resolve to confess them as soon as possible. When other motives, such as the ugliness of sin or fear of damnation, bring us to confession, this is called 'imperfect contrition,' which is sufficient for forgiveness in the Sacrament" (*USCCA, p. 237–238*).

LET'S TALK >>>

- Ask your child to describe what happens in the Sacrament of Penance and Reconciliation (confession, penance, contrition, and absolution).
- Talk about ways your family asks for and gives forgiveness.

LET'S PRAY >>>



Dear God, we are sorry for all that we have done wrong, and with your help, we promise to do better in the future. Saint Benedict-Joseph Labré, pray for us. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.

Chapter 11 Review

A Work with Words Complete each sentence with the correct word from the Word Bank.

1. _____ are the words spoken by the priest during the Sacrament of Penance to grant forgiveness of sins in God's name.
2. In the Sacrament of _____, forgiveness for sin is given through the Church.
3. A _____ is a prayer or an act to make up for sin.
4. The Sacrament of Penance celebrates God's _____.

Word Bank

penance

forgiveness

absolution

Reconciliation

B Check Understanding Put the steps of the Sacrament of Reconciliation in order using numbers 1 through 6.

5. Step The priest forgives my sins in the name of the Father, the Son, and the Holy Spirit.
6. Step I read or listen to a story of forgiveness.
7. Step The priest greets me with the Sign of the Cross.
8. Step I try to do better and make up for my sins.
9. Step I pray an Act of Contrition.
10. Step I confess to the priest and receive a penance.

