

Seek Forgiveness

Preparation for the Session

Turn to Page 173,
the Family + Faith page.
Vivos en Cristo, Page 347

In this chapter you will cover the following objectives:

- Relate an examination of conscience to a prayerful way of looking at our lives
- Identify the importance of expressing sorrow
- Name the two parts of contrition—being sorry and wanting to live better
- Understand that in the Sacrament of Penance and Reconciliation, God's forgiveness is given through the Church
- List the steps in the Sacrament of Penance and Reconciliation

Read the **Consider This** feature. What thoughts or reactions do you have to the opening question?

Parents, Consider This: *When you hear that someone has had “a change of heart,” the words typically signal that someone’s hardness of heart has given way to compassion. It’s a good thing. The burdens of life tend to cause us a certain hardness of heart. Dealing daily with human weakness and insensitivity, your own and that of others, may sometimes prevent you from seeing the comfort and compassion that God is always extending to you. Yet, these situations may also provoke a desire for change, a feeling that there must be a better way. They can become the Holy Spirit’s way of helping you hear the call to conversion.*

Read these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the chapter.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



Let’s Sing: These songs connect the session topics and can be downloaded from aliveinchrist.osv.com.

- Through My Fault
- God of Mercy

INVITE: Encountering God in His Word

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



Let Us Pray Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

Explain that we can each ask for forgiveness.

Say: Let’s listen to see what Jesus said about forgiveness.

Turn to Page 165,
Insert Page Head
Vivos en Cristo, Page 331



Guide your child through the Preparing for God’s Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God’s Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

Invite your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

Say: Jesus was inviting the disciples to look at how they forgive and pardon.

Invite your child to respond to the questions. Ask what else she/he might wonder about forgiveness.

DISCOVER: Learning God’s Truth

Turn to Page 166,
Making Things Right
Vivos en Cristo, Page 333

Read aloud the introductory paragraph.



Ask your child to point to the Scripture on the page. Proclaim the Scripture story.

Ask your child to listen for the words Jesus spoke to the woman. *(Your sins are forgiven. Your faith has saved you. Go in peace.)*



Complete the gold-star activity.

Ask: How did the woman show she was sorry for her sins? How do you show you are sorry? How do you know when I am sorry for something I have done? Encourage your child to give specific examples.

Together, listen to the song, “How Many Times, Lord?” On the *Songs of Scripture* CD, Track 13.

Turn to Page 167,
Examination of Conscience
Vivos en Cristo, Page 335

Explain to the children that before people celebrate the Sacrament of Reconciliation, also called Penance, they think about the sins they have committed. This is called an examination of conscience.

Ask your child to read the two paragraphs aloud.

Move to the Catholic Faith Words box and read the definition for **examination of conscience**. Ask your child to repeat the definition in his/her own words. Do the same for the word, **contrition**.

Read the third paragraph and include the questions.

Activity

Move to the Share Your Faith activity and ask your child to think of another question he/she could use to examine his/her conscience.

Turn to Page 168,
The Sacrament of Reconciliation
Vivos en Cristo, Page 337

Read aloud the last paragraph. Review the word, contrition.

Read aloud the question. Tell your child that she/he will learn the answer to that question from the steps shown on this page and the next.

Read aloud the first two paragraphs.

Give your child a piece of paper. Ask him/her to fold it in half and then in half again. As you discuss the words in the Catholic Faith Words box, have your child write one of the words in each of the four boxes they now have on their piece of paper. After you read each definition, ask your child to tell you in his/her own words what that word means. Do the same for each word or phrase.

Have your child complete the Connect Your Faith activity. You may need to put some letters in the boxes to help them complete the word scramble.
(His mercy endures forever.)

Parents, Consider This: *In the Sacrament of Penance, God offers you, through the power of the Holy Spirit and the ordained minister of the Church, an experience of his forgiving love. Some of our most tender experiences of human love happen in those moments when someone forgives us and enables us to let go of the sorrow and guilt we carry for having done something wrong, something sinful, something that caused deep hurt. As your child celebrates this Sacrament for the first time, help him/her to understand that God's forgiveness pours on us when we admit to what we have done wrong and we are truly sorry.*

Turn to Page 169,
Steps in the Sacrament
Vivos en Cristo, Page 339

Walk through the “Steps in the Sacrament” with your child. Allow time after each section to discuss what the text has presented.

LIVE: Living Our Faith

Turn to Page 170,
Our Catholic Life
Vivos en Cristo, Page 341

Read aloud the first paragraph.



Ask your child to read the directions for the gold-star activity. Help him/her complete the activity.

Turn to Page 171,
People of Faith
Vivos en Cristo, Page 343

Read the paragraph about Saint Benedict Joseph Labre.

- Share your reactions to the information.
- Saint Benedict Joseph was determined to find a way to follow God.
How does your family follow God?

Turn to Page 173,
Family + Faith Page and
conclude with the Let's Pray
prayer on this page.
Vivos en Cristo, Page 347

Parents, Consider This: *It's important to form our children in the common language of prayer. We encourage you to pray the Prayer to the Holy Spirit during your night prayer this week.*

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful.
And kindle in them the fire of your love.
Send forth your Spirit and they will be created.
And you will renew the face of the earth.
Let us pray.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit help us to relish what is right and always rejoice in your consolation.
We ask this through Christ our Lord. Amen.



To access and send an eAssessment to your child, go to the Student and Family section of aliveinchrist.osv.com.