

1

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

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

- we say we are sorry for something we did
- we make up by doing something especially nice for each other
- we cry and hug because we hurt each other
- we promise ourselves and/or the other person not to repeat the wrong thing

## 5 Being Sorry; Asking Forgiveness

We must be sorry for our sins.

When we are truly sorry,  
we vow 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 hearts  
not to sin again.



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

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

**We remember that God still loves us!**

Growing Up Catholic • First Reconciliation • Session 5  
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Child Page 1

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**.

3

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 to realize you've done something wrong that needs to be righted.

We all hurt each other sometimes. We all sin. Your child needs to know that so that they don't feel they are the only one to make mistakes – even their parents and teachers do. Even priests do the wrong thing sometimes!

1

**Pray** this with your child,  
When the time comes, you, too should fill out a slip of paper. You will be invited to go forward as a family and place the papers near the Bible.



## Prayer Celebration

Growing up Catholic means saying we're sorry when we have sinned.

*Everyone begins by making the Sign of the Cross.*

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Leader: Let us pray.

Oh Jesus, we love you and want to love you more.

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

*Please listen to the reading: Matthew 19:13-15.*

Leader: This is the Gospel of the Lord.

All: **Praise to you, Lord Jesus Christ!**

*Please listen to the leader.*

Leader: Let us pray together.

*Please pause after each line:*

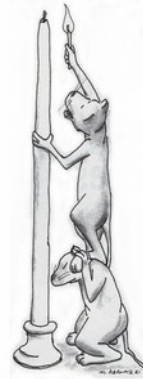
All: **We know we hurt you  
and we hurt each other  
each time we commit a sin.**

**Please help us to be really sorry.**

**Help us to really want to do better**

**Help us to love you more by loving others more.**

**Amen.**



2

**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 and hurts. It is helpful for them to see that when their parents make mistakes (sin) they admit it, apologize, and try to make up. This is a more valuable lesson for them than thinking that their parents or other adults are perfect but they are not.

3

**If you are not Catholic yourself,** 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.

1

Help your child understand the importance of **contrition**. It doesn't matter if someone confesses a sin, but doesn't feel genuinely sorry for it.



### What is Contrition?

Contrition has several parts.

Read each statement, then fill in the empty box.

1. We realize what we did was wrong.

Why is sin wrong?



2. We are sorry for it.

Why must we feel sorry for our sins?

3. We promise to be better.

How can we be more like Jesus in the future?




2

**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

3

### 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

4

### How can we be more like Jesus?

Help your child tell why. You might say things like:

- Make daily choices to be a better person
- Follow God's Rules of Love

1

Help your child do this little word search.

2

Then help them answer the question. They may write things such as "I feel bad, I am embarrassed, I feel small," etc. You can help them by sharing with them how you feel when you do something wrong.



### An Act of Contrition of My Own

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

M F A K T I F J O F	<b>JESUS</b>
S U X A Q Y K X A Z	<b>LOVE</b>
M U I V N R I C B E	<b>SORRY</b>
L U S Y T R U W V T	
T A X E U O J O D Q	
P J D Y J S L W X L	

In the space below, describe how you feel when you do something wrong (or don't do something that is right).

How do you feel when you sin?

Everyone sins sometimes. The important thing, however, is that when you sin, you feel sorry for it and you promise to be better in the future.

1

Time for a Bible story! Ask your child to read this passage aloud and then retell it in his or her own words.

2

Point out how Jesus responded to this woman. Whenever someone in the Bible admitted to Jesus that they had sinned, he always responded with compassion, never judgment or blame. Explain that he responds in the same way to us when we are sorry for our sins.



### Meeting Jesus in the Bible

#### 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



### From Papa Francis

On Valentine's Day, Pope Francis told 25,000 fiances that the success in marriage can be found in the three words, "Please, thanks, and sorry.... In our lives we make many errors, many mistakes. We all do. ... And this is why we need to be able to use this simple word, 'sorry'. In general we are all ready to accuse others and to justify ourselves. It is an instinct that lies at the origins of many disasters. Let us learn to recognize our mistakes and to apologize....The perfect family doesn't exist, nor the perfect husband nor wife. Let's not even talk about the perfect mother-in-law!"



1

Time for a break! Help your child **enjoy** coloring this image of the Bible story.

2

This is also a good time to ask if the child ever feels like the woman in the story or like Simon. Chances are most of us feel like both of them at various times in our lives. Let them know that is normal. The challenge is that when we feel like Simon to catch ourselves being judgmental and try to focus on Jesus' compassion for the sinner instead.



Color This Picture



Do you ever feel like the woman who was crying? Do you ever feel like Simon?

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 asked to say this prayer aloud after the Priest has given them their penance. Assure them that if they don't remember the order of everything, the priest will help them.

2

The most important moment of the celebration is next, when the priest gives them **absolution** – **speaking aloud the promise that they are forgiven**. Make sure they understand this term.

## Sacrament of Reconciliation

### The Act of Contrition

The Act of Contrition is a prayer we say during the sacrament of reconciliation. When should you say it?

- After you tell the priest your sins
- After he asks you questions or gives you advice
- He will invite you to express your sorrow and that is when you say it
- Contrition means being sorry and being willing to not sin again.



### Absolution

Absolution is when the priest offers you God's forgiveness after you have confessed your sins.

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.



1

Review with your child the prayers and steps for this Sacrament and assure them that it is normal to be nervous or scared. You can tell them of a time when you were nervous or scared before going to confession.

2

As the parent of a child in this process, we urge you to **celebrate this sacrament yourself around the same time as your child** since you are asking them to do this. It is important role-modeling.



At Home This Week

Rehearsal Time

The Sacrament of Reconciliation can feel a bit scary to a child who is celebrating it for the first time. (Some adults even feel nervous or a little scared still when they go to confession, especially if they haven't done it in a long time!) You can help by making sure your child knows the prayers and knows what will happen.

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

Because your child is young, below is an Act of Contrition that can be easily memorized. Assure them that even if they forget some words of the prayers or aren't sure what to do or say next, the priest will be willing to help. You can also remind them that whatever happens, God still loves them and forgives them.

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.



Tips and Activities for This Week  
<http://GrowingUpCatholic.com/reconciliation5>

3

Be sure to check out the online page for this lesson at [GrowingUpCatholic.com/reconciliation5](http://GrowingUpCatholic.com/reconciliation5).