

**Why do I have to say “sorry”?  
We can begin to make things right**

Reconciliation is the act of making up and becoming friends again.

In the Sacrament of Reconciliation, who do we make up with?

Remember that Jesus is our best friend of all. Even when we forget Him, He NEVER forgets us or stops loving us.

In the Bible (Mat 25:45), Jesus says “Amen, I say to you, what you did not do for one of these least ones, you did not do for me.” This means that what we do to other people, nice or bad, we do to Jesus. So, if we hurt others, do we hurt Jesus?

**Directions:**

1. Take a look at the “Being Sorry, Being Forgiven” worksheet (on the back). Read each of the paragraphs describing each picture aloud. Come up with an ending to each story and write it on the lines provided.
2. Read the Act of Contrition together (below)

Parents say: We begin to make things right again by saying “I’m sorry.” Sometimes that is very hard to do. Often if we can do something nice to make up for what we did it will show we are really sorry. When you pray the Act of Contrition during confession you are saying sorry to God.

3. Write a prayer of sorrow to Jesus, in your own words. Tell Him that you are sorry, and ask Him to help you do better.

**Supplies:**

- “Being Sorry, Being Forgiven” worksheet
- Sheet of paper

**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.

Amen

# BEING SORRY, BEING FORGIVEN

**How would you end each story?**

Ben and Tony had a fight. They called each other bad names. They wanted to hurt each other. Tony's big brother pulled them apart. "Calm down," he said. "This is no way to settle things." Ben and Tony took deep breaths. They calmed down. Then they

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Laura received a new phone for her birthday. She brought it to school to show her friends. When Mark saw it, he was jealous. He had wanted one like that for a long time. So he grabbed the phone and threw it. Then this is what Mark did

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Jamie wore her sister's favorite necklace without asking. Her sister was very upset. She thought the necklace was lost. Jamie said, "I'm sorry." Her sister answered,

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