

RECONCILIATION - Family Activity Sheet 2 – Learning to say Sorry

Name: _____

*“Be kind and compassionate to one another, forgiving each other,
just as in Christ God forgave you.” Ephesians 4:32*

Forgiving and Being Forgiven Leads to Reconciliation

How does it feel when you forgive someone? _____

How does it feel when someone forgives you? _____

Do you find it harder to forgive or to accept forgiveness? _____

“And forgive us our trespasses as we forgive those who trespass against us.” Giving forgiveness to another is often harder than asking for Forgiveness.

Watch this clip about Forgiveness: [Click Here](#)

You will receive God’s forgiveness each time you go to Reconciliation.

Celebrating Your First Reconciliation

The order of your First Reconciliation ceremony will go like this:

1. **We gather** – To show we belong to God’s people.
2. **We sing and pray together** – Because we are happy to be invited to the celebration.
3. **The priest welcomes us**
4. **We listen to God’s Word** – After the reading the priest will speak to us to help us understand Jesus’ message.
5. **The Examination of Conscience** - We take time to think about our lives and God’s plan for us. Look back at the Week One Worksheet for an Examination of Conscience using the Lord’s Prayer.
6. **We talk individually to the priest** - We are given penance and then say sorry for our sins, or the **Act of Contrition**.
7. **The priest prays the Prayer of Absolution and we receive God’s forgiveness**
– The priest shows that God has forgiven you through a special sign. He places his hand over your head and prays.
8. **We pray our penance and say “Thank you” to God** – Penance can be a prayer or an action.





Act of Contrition / Sorrow:

There is a special prayer that we say when we go to Reconciliation and it's called the Act of Contrition or the Act of Sorrow. We pray special words to God telling God that we are sorry for our sins and asking for God's help in making loving and unselfish choices. Make time to learn this prayer:

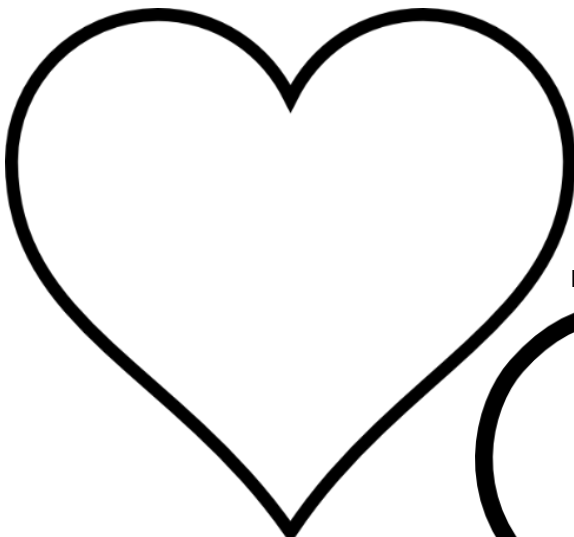
*O my God,
I am very sorry that I have sinned against you,
because you are so good,
and with your help
I will try not to sin again*

This is the same as

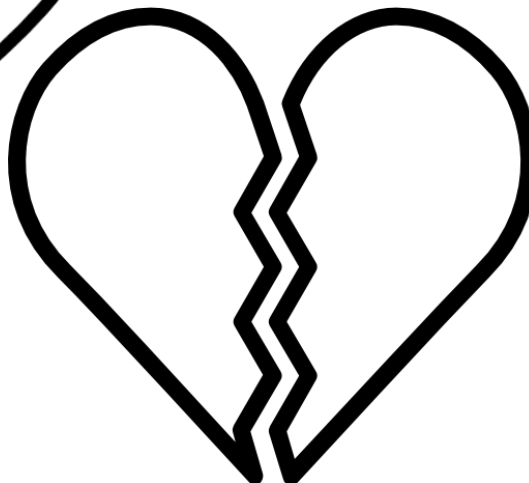
- Owning up
- Saying sorry
- Being forgiven
- Accepting forgiveness
- Making things right again

WRITE IN THE HEART:

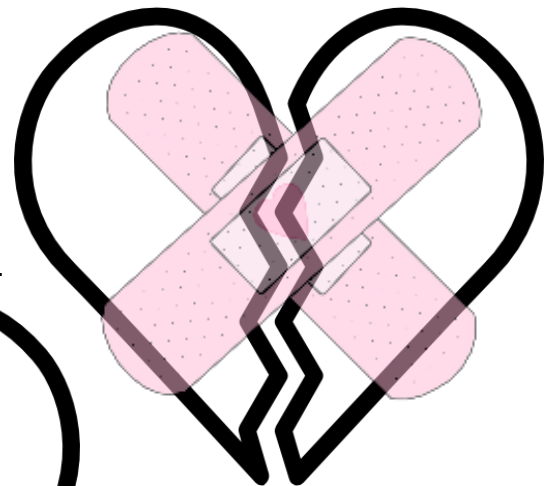
Something I do when I'm in a good relationship with God.



Something I do to injure my relationship with God.



Something I do to mend my relationship with God.

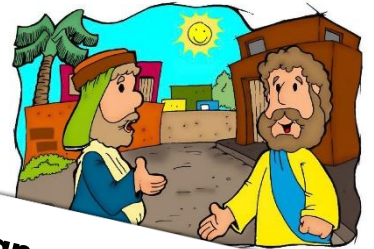


The Good Samaritan

Luke 10: 30-37 (NRSV – [Bible Gateway](#))

Jesus replied, “A man was going down from Jerusalem to Jericho and fell into the hands of robbers, who stripped him, beat him, and took off, leaving him half dead. Now by chance a priest was going down that road, and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while traveling came upon him, and when he saw him he was moved with compassion. He went to him and bandaged his wounds, treating them with oil and wine. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him, and when I come back I will repay you whatever more you spend.’ Which of these three, do you think, was a neighbour to the man who fell into the hands of the robbers?” He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

We watched a video about the Good Samaritan. Here it is again: [The Good Samaritan](#)



How can you be like the Good Samaritan?

What lesson can you take from the Good Samaritan?

Name 2 ways that you can love your neighbour.

This one is a little tricky, see how you go
Name a time you have felt like the injured man.



FIVE FINGER PRAYER



When you hold your hands together to pray, use each of your five fingers to guide you.

1. Thumb: Family and Friends

Your thumb is the finger that is closest to you. Start by praying for the people in your life who are closest to you. Pray for your family and friends. Pray for your parents, your grandparents, your sisters and your brothers, your aunts, uncles, cousins, and closest friends.

2. Index Finger: Teachers

The finger next to your thumb is the index finger. We use this finger for pointing. Pray for the people who point you in the right direction. Pray for your teachers, coaches, catechists, tutors, priests, and anyone else who teaches you.

3. Middle Finger: Leaders

Your middle finger is the tallest finger. For this finger we pray for the leaders of our country, our world, and our Church. Pray for the pope and his continued leadership of the Church. Pray for the leaders of our country to have the wisdom and judgment to lead us well.

4. Ring Finger: Sick and Poor

Our ring finger is our weakest finger. We can't move it without the help of our other fingers. For this finger, pray for the sick who need help and healing. Pray for the poor and suffering who need God's comfort and help too.

5. The Pinky Finger: You

Finally, for the smallest finger of all, pray for yourself. Jesus taught us to be humble so we pray for ourselves last with our pinkie finger. Place your greatest needs before God in prayer.

<https://www.thereligionteacher.com/five-finger-prayer/>



Imprimatur:

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