



Week 6 - Act of Contrition

Parents - Instructions: Before beginning this lesson, please take a few minutes together as a couple, or by yourself, to read and reflect on the “Scripture Reading” and “Discussion Questions”. Next, read the Scripture passage and the lesson to/with your child(ren). Then, as a family, discuss a few of the questions. Parents, please be sure to share *your* answers, thoughts, and questions with your child(ren) as well. It’s ok to not know everything about our faith. Your parish leadership is happy to help you find answers.

Scripture Reading: Luke 15:18-24

Virtue: Openness to Being Guided by Holy People in Your Life

“Get all the advice and instruction you can, so you will be wise the rest of your life.” ~ Proverbs 19:20

Theme: Contrition (Being truly sorry for our sins and trying to not sin again)

Parents - Read to/with Child(ren):

“In today’s Scripture reading we hear about a son who disrespected his father in a most serious way. He told his father that, in essence, he wished he were dead. Then he selfishly spent all the money his father gave him trying to please himself. When he was very poor and had no other options he came back to his father feeling very sorry for what he had done. ‘While he was still a long way off, his father caught sight of him, and **was filled with compassion. He ran to his son, embraced him and kissed him.**’

This is how God, our Father in Heaven, looks at us and treats us - even when we have sinned in very serious ways. Our Heavenly Father is always seeking us. He always loves us! He longs to be united with us. The word ‘compassion’ comes from a word meaning ‘suffers with’. When we make bad choices that hurt ourselves and others (sins) God weeps with us. He ‘suffers with’ us in our suffering. He wants us to always live in Love, Peace and Joy. That is why he gave us Jesus, the Holy Spirit and the Church so that we will know how to live in ways that will be truly best for us and for all people.

When we sin we are called to be ‘reconciled’ - brought back together - with God, our community and our true selves. The ‘act of contrition’ is our way of telling God that we are truly sorry for disrespecting his love for us by committing sins. And with the help of God’s power living inside of us (grace) we will try our very hardest to not sin again. Living in God’s love is the best way to have a life full of joy!”

Discussion Questions (to help start the family conversation)

Young Child(ren) (& 1st Reconciliation/1st Communion Students)

1. Who in your life seems to truly know how much God loves them and who loves God in return?
2. How do they live out that love in their daily lives?

Older Child(ren) (& Confirmation Students)

1. What experiences in your life have made it hard to remember God’s great love for you?
2. What could we do as a family to make it easier to live in God’s love (make good choices)?

Prayer: Each day this week, as a family, please pray an Act of Contrition (see below, or use another).



Family Rosary Curriculum (FRC)

Catechetical Evangelization - Faith Formation & Sacramental Preparation



O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

OR

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.

