

# Forgiveness

## Activity Objective

To have the children name a hurt that they have experienced and let it go

## Lesson Outcome

The children will forgive a person who hurt them.

## Materials

- 1/4 of sheet of paper per child
- Pencils

## Directions

- As a group pray the following prayer: *Jesus, my helper, help me forgive those who hurt me. I want to love as you did.*
- Pass out the paper and pencils to each child.
- Ask the children to write about something or someone who has hurt them or made them sad.
- Give them a few minutes to write in silence.
- After everyone has written on their papers, direct the children to crumple their sheets into the smallest balls possible.
- Direct the children to throw the crumpled balls into a trash can.
- Gather the children in a prayer circle and encourage them to think of the hurt they just threw in the garbage as you pray the prayer above again.

## Approximate Time

10 minutes

## Hints

Play soft music in the background while the children write, crumple, and throw away their hurts.

Make sure that waste paper is disposed of quickly so no one can access and read the crumpled papers. Assure the children of their privacy

## Sensitivities

The activity should be done quietly, with no sharing of hurts.

# Lamb of God

## Activity Objective

To have the children connect God's mercy and forgiveness to the Mass

## Lesson Outcome

The children will become familiar with the idea that there are many places in every liturgy to ask and receive God's mercy and forgiveness.

## Materials

- Outline of a lamb for the children to cut out
- Half sheets of construction paper
- Pencils
- Glue
- Cotton balls
- Scissors

## Directions

- Read the prayer Lamb of God, as we pray it at Mass during the Communion Rite.
- Encourage the children to respond *Have mercy on us* and *Grant us peace* in the proper places as you read.
- Tell the children that we pray this prayer before we go forward to receive Holy Communion.
- Distribute the lamb outlines to be cut out.
- Direct the children to glue the lambs onto the construction paper.
- Ask each child to think about something he or she would like to share with God that he or she is sorry for doing and to write it on the body of the lamb.
- Instruct the children to cover the words they wrote with cotton balls.
- Remind the children that God's forgiveness is complete and forever.
- Repeat the Lamb of God prayer and invite children to respond.

## Approximate Time

25 minutes

## Hints

Coloring books can be a good source of pictures of lambs.

## Sensitivities

Ask the children to do their writing quietly, without sharing.

# Letter to God

## Activity Objective

To teach the young people that God wants us to make peace with Him when we do unkind acts

## Lesson Outcome

The young people will learn that when they do something wrong, they can make peace with God by asking his forgiveness.

## Materials

- Pencil
- Paper
- Basket or bowl

## Directions

- Tell the young people that they are going to ask for God's forgiveness through writing him a letter.
- Set up a letter format on the board with a first line that reads, "Dear God."
- Suggest that the next line in their letter should read, "I am sorry for?"
- Encourage the young people to complete the sentence.
- Then ask them to fold the paper in half and tear it into small pieces.
- Collect the pieces in the basket and place the basket on the prayer table as a sign of God's forgiveness.
- End by praying the Glory Be to the Father.
- Conclude by reminding the young people that God loves them and is always ready to forgive.

## Approximate Time

10 minutes

## Hints

Be sure to dispose of the papers carefully and discreetly.

# Making Peace with God

## Reconciliation Activity

### Activity Objective

To learn to make peace with God when we do something wrong

### Lesson Outcome

The children will learn that God wants us to make peace with him when we sin.

### Directions

- With reverence, lead the children through the steps of asking for God's forgiveness.

Pray the Sign of the Cross together.

Ask the children to call on the Holy Spirit to help them recall times when they turned from God.

Invite them to express their sorrow by praying together the 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. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

- Conclude by asking them to ask silently for God's help to live good and holy lives.
- Remind the children that what they have done is the same as what they do when confessing in the Sacrament of Penance

### Approximate Time

15 minutes

### Hints

Maintain a sense of quiet and reverence throughout the activity.

Pause long enough between steps to allow the children to respond silently.

# My Peace Prayer

## Activity Objective

To encourage the children to tell Jesus they are sorry when they have sinned and to ask for his help and guidance in their lives

## Lesson Outcome

The children will reflect thankfully on Jesus' call to peace and forgiveness and on their response to his call.

## Materials

- Templates of dove (for the children to trace and cut out)
- White construction paper (for the doves)
- Squares of colored construction paper (about 5" x 5")
- Scissors
- Yarn
- Crayons
- Pencils
- Hole punch

## Directions

- Tell the children that making a peace-prayer mobile will help them talk to Jesus in their personal prayer.
- Give each child a dove template, a sheet of white paper, five small squares, crayons, and a pencil.
- Show the children a dove that you have cut out using the template. Ask why they think this might be a good start for the mobile. (It is a symbol of peace.)
- Direct the children to create a dove by tracing the template onto the white paper and then cutting out the pattern. Tell them that they will write one letter of the word PEACE on each of the small squares. Around the letter, write a prayer part starting with that letter.
- Demonstrate for them by writing a large, fancy P on one of the paper squares. Around the letter, write a prayer such as Please give me peace, Jesus.
- Punch a hole in the bottom of the dove and in the center of the top and bottom of your sample square. Demonstrate using a piece of yarn to join the dove to the letter square. Explain that the E square will be tied below the P square and so on.
- When they are finished, compliment them on their thoughtful prayers.
- Suggest that they take their mobiles home and put them where they will be a reminder to ask for Jesus' peace and forgiveness.

## Approximate Time

30 minutes

## Hints

Cut short pieces of yarn for the mobiles in advance.

Put together a sample of the project in advance so the children can see the finished product.

Some children may need help thinking of prayer ideas. (Examples: Each time I sin, I will ask for your help; Always be with me; Care for me now and always; Every day, help me to follow you.)