

## Jesus Invites us to Forgiveness in the Sacrament of Reconciliation:

### A Lesson on Forgiveness and God's Love

GRADES 7-9 - Lesson I (Year III, Day 5)

**Goal:** Students will recognize that sorrow for sinning should be accompanied by self-forgiveness and a willingness to change behavior. Students will learn that the Sacrament of Reconciliation is a sacrament of healing, in which Jesus is seeking renewed relationship with us.

**Materials:**

Small rocks or pebbles

Bucket of water

Permanent Markers

**Lesson:** Each of us is in need of forgiveness because we have all sinned. Sin is the choice to do what we know is wrong. Sin wounds our relationship with God, with others, and with ourselves. Perhaps you've had the experience of hurting someone you love and feeling totally helpless to "make things better." We can't go back into the past and change our actions. So, what can we do? We need a Savior! We need someone who can forgive our sins and bring us back into a relationship with God and with others. This is why Jesus came and died on the Cross for us. Sin doesn't have the last word! This lesson will explore how we can receive forgiveness and rejoice in it!

**Watch:** [I Confess Video](#) & [The Power of Confession](#)

**Discussion:**

Why is it sometimes difficult to go to Confession?

Why do you think some people are afraid to go to confession? What would you say to encourage someone to go to Confession?

Why is it important to confess to a priest instead of just "going to God directly?"

This is the way Jesus established the Sacrament, the priest acts "in persona Christi" (in the person of Christ) and enables us to hear and know definitively that our sins have been forgiven by God!!

**Watch:** [Ocean of Mercy](#)

**Activity:** Distribute the small rocks or pebbles and have them write “sins” on the rocks with permanent markers. They don’t have to write their own sins, but whatever possible sins come to mind. Place a bucket filled ½ way with water on the ground and mark off a spot at a reasonable distance away. Have the students take turns tossing their “sins” into the bucket which represents the ocean of God’s mercy. Alternative -if there is a body of water (creek, small pond, the Hudson river or the ocean) nearby the school you could take a little field trip to throw the rocks in or dump the bucket at a later time.

**Prayer:**

[Litany of Mercy](#)

*Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website*