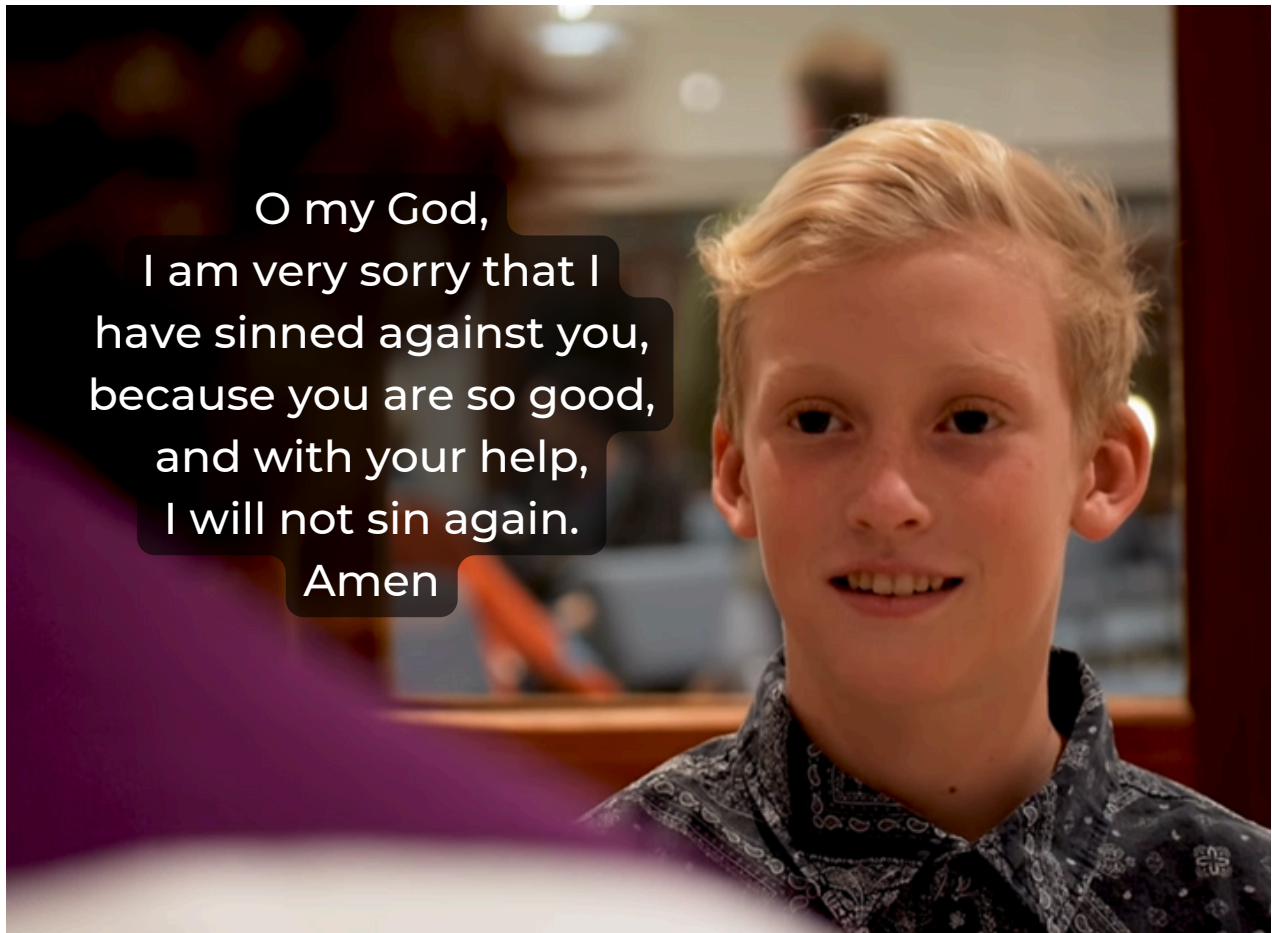


Year of Jubilee activities

Forgiveness

Write your own Act of Contrition



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

This is one of the prayers we can use when we make an act of contrition during the Sacrament of Reconciliation.

The Sacrament of Reconciliation, also called Confession or Penance, is where you can tell a priest about the things you've done wrong, and ask God for forgiveness. This is just like when you apologize to a friend and they forgive you. The priest says the words that Jesus says to us, and Jesus, through the priest forgives us of our sins and gives us fullness of life again! In this year of Jubilee we're reminded to think about the things we might need to say sorry for so we can receive God's mercy and grace to start again.

CREATE YOUR OWN SORRY PRAYER

YOU WILL NEED:

- pens and pencils
- Reflection music: The Psalms Project - Psalm 98 (97) - The Saving Power of God <https://www.youtube.com/watch?v=uSbh4t-kDaM>

INSTRUCTIONS:

- Talk to the children about the importance of seeking forgiveness from God when we've done something hurtful to ourselves or others. Encourage them to think about times when they've experienced having to seek forgiveness from family or friends.
- Tell the children that this is a reflective activity where they'll have some time between themselves and God.
- Tell them they can take the "sorry prayer" and write it again in their own words in the space provided.
- Have the children begin by making the Sign of the Cross and invite Jesus to help as they write their prayer.
- During the prayer time, play the song with the YouTube link provided or any reflective song about God's mercy that you think is appropriate.

**O MY GOD,
I AM VERY SORRY**

**THAT I HAVE
SINNED AGAINST
YOU,**

**BECAUSE YOU
ARE SO GOOD,**

**AND WITH
YOUR HELP**

**I WILL NOT
SIN AGAIN.
AMEN.**

A large, empty rectangular box with a thick black border, intended for writing a response or prayer.A large, empty rectangular box with a thick black border, intended for writing a response or prayer.A large, empty rectangular box with a thick black border, intended for writing a response or prayer.A large, empty rectangular box with a thick black border, intended for writing a response or prayer.A large, empty rectangular box with a thick black border, intended for writing a response or prayer.