

# Take Home

## We Say We Are Sorry

When we choose to do wrong, we need to say we are sorry to God and to any person we have hurt. The focus of this chapter is to learn to use prayer to tell God that we are sorry. Children will learn that prayer brings us closer to God and that with the Holy Spirit's help we can change.

### ACTIVITY Ways to Say "I'm Sorry"

With your child think of several ways to say or show that you are sorry. Make a list of your ideas, and use them when you need to say, "I'm sorry."



### THROUGH THE WEEK

**+** **A PRAYER FOR THE WEEK** O Lord, may our family be as holy as that of Elizabeth and Zechariah. Help us to recognize wrongs we have done to family members. Strengthen us to admit our faults and to say we are sorry. Amen.

#### ON SUNDAY

During the Sunday liturgy, ask God's forgiveness for wrong choices you made last week.

#### ON THE WEB

[BlestAreWe.com](http://BlestAreWe.com)  
[RCLBLecture.com](http://RCLBLecture.com)  
[SaintsResource.com](http://SaintsResource.com)

#### Saint Elizabeth (first century)

Elizabeth was Mary's cousin. She and Zechariah were the parents of John the Baptist. The angel Gabriel told Zechariah that John would be filled with the Holy Spirit. John's parents trusted God.

**Patron Saint of:**  
pregnant women

**Feast Day:** November 5





# Take Home



## Scripture Background

### In the Time of Jesus

**Repentance** The Old Testament prophets called people to repent and offered the hope of salvation. Many women of the Bible kept this hope alive—women like Sarah, Rebecca, and Esther. The last of the prophets was John the Baptist, who preached repentance for the forgiveness of sins. He prepared the way for the long-promised Messiah. When Jesus was baptized by John he was revealed as the Anointed One of God and he began his public ministry. Jesus' message was and is to reform our lives and believe in his Good News—that he was ushering in the Kingdom of God and the arrival, through him, of salvation.



**You can read of John's call to repentance in Matthew 3:1–17.**

## Our Catholic Tradition in Music

**Fiddler on the Roof** *Fiddler on the Roof* tells the story of a Russian Jewish family. One of the most poignant songs, "Sunrise, Sunset," sung by the mother and father, tells how quickly time passes in a family and how quickly children grow up. This song echoes the sentiment of Catholic parents as well. It reminds us that we should nurture our relationships with our children, because they won't be with us forever.





# We Say We Are Sorry

Chapter

8

**When a sinner is sorry, there is great joy in Heaven.**

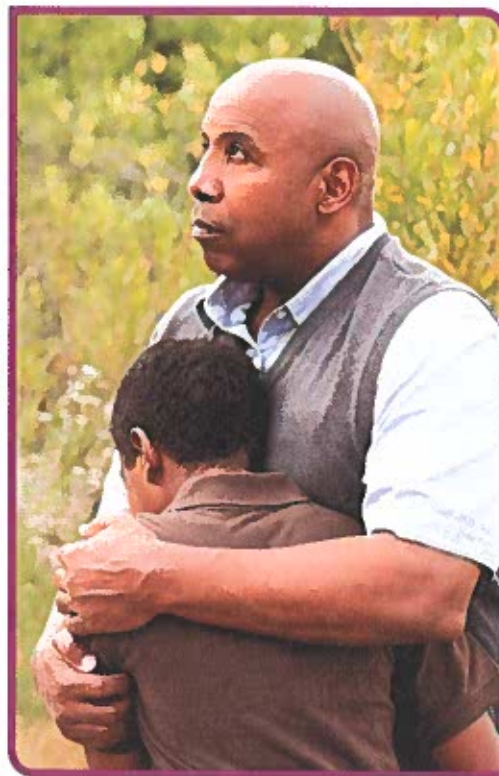
*Based on Luke 15:7*

## Share

There are many ways to say, "I'm sorry."  
You can say it with words like, "Let's make up."  
You can say it with an action like a hug.

## ACTIVITY

Tell another good way to say, "I'm sorry."



In what way  
can we tell God  
we are sorry?

## Hear and Believe Scripture

### Return to God!

John the Baptist was a holy man. He told other people how to find God's forgiveness.

**John:** Return to God! Repent! God's kingdom is coming!

**Woman:** What does repent mean?

**John:** Repent means to be truly sorry for your sins.

**Boy:** What else does repent mean?


**John:** It means that you really want to change.

**Girl:** Is that all we need to do to return to God?

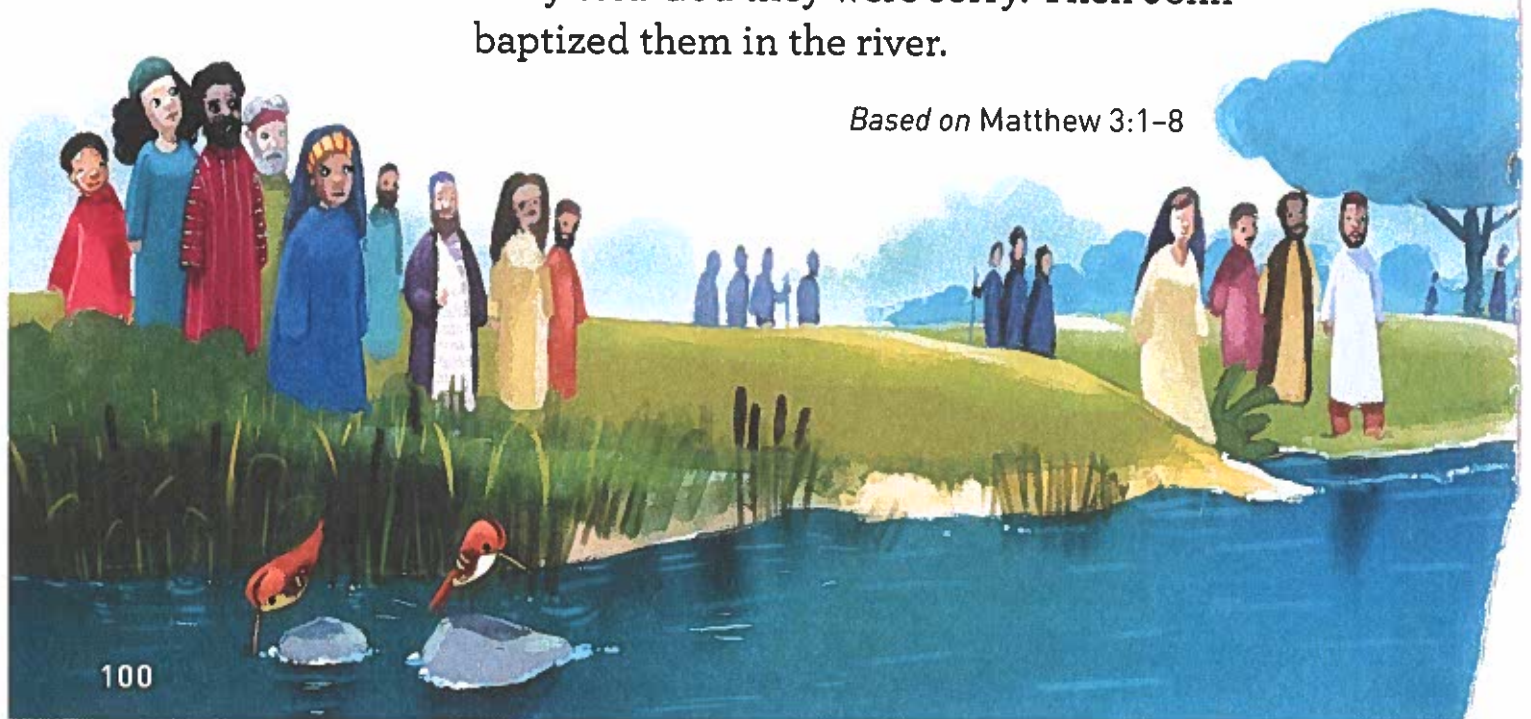
**John:** No. You must also do penance. Penance is a prayer or an act to make up for the harm caused by sin.

Many people heard John's words. They repented. They told God they were sorry. Then John baptized them in the river.

*Based on Matthew 3:1-8*

 **Scripture Verse**  
... 'Prepare the way  
of the Lord, ...'

Matthew 3:3





## Returning to God

Sin separates us from God. John the Baptist wanted people to return to God. We can return to God by telling him we are sorry for our sins. When we are sorry for our sins, we feel **contrition**. Contrition means being sorry and wanting to do better.

## Our Church Teaches

To show that we are sorry for our sins, we pray the **Act of Contrition**. This is a prayer of sorrow. In this prayer we promise to try not to sin again. When we are sorry for our sins, the Holy Spirit helps us do better.

## We Believe

When we sin, we can return to God. We tell God we are sorry. We ask the Holy Spirit to guide us. We make up our minds not to sin again.

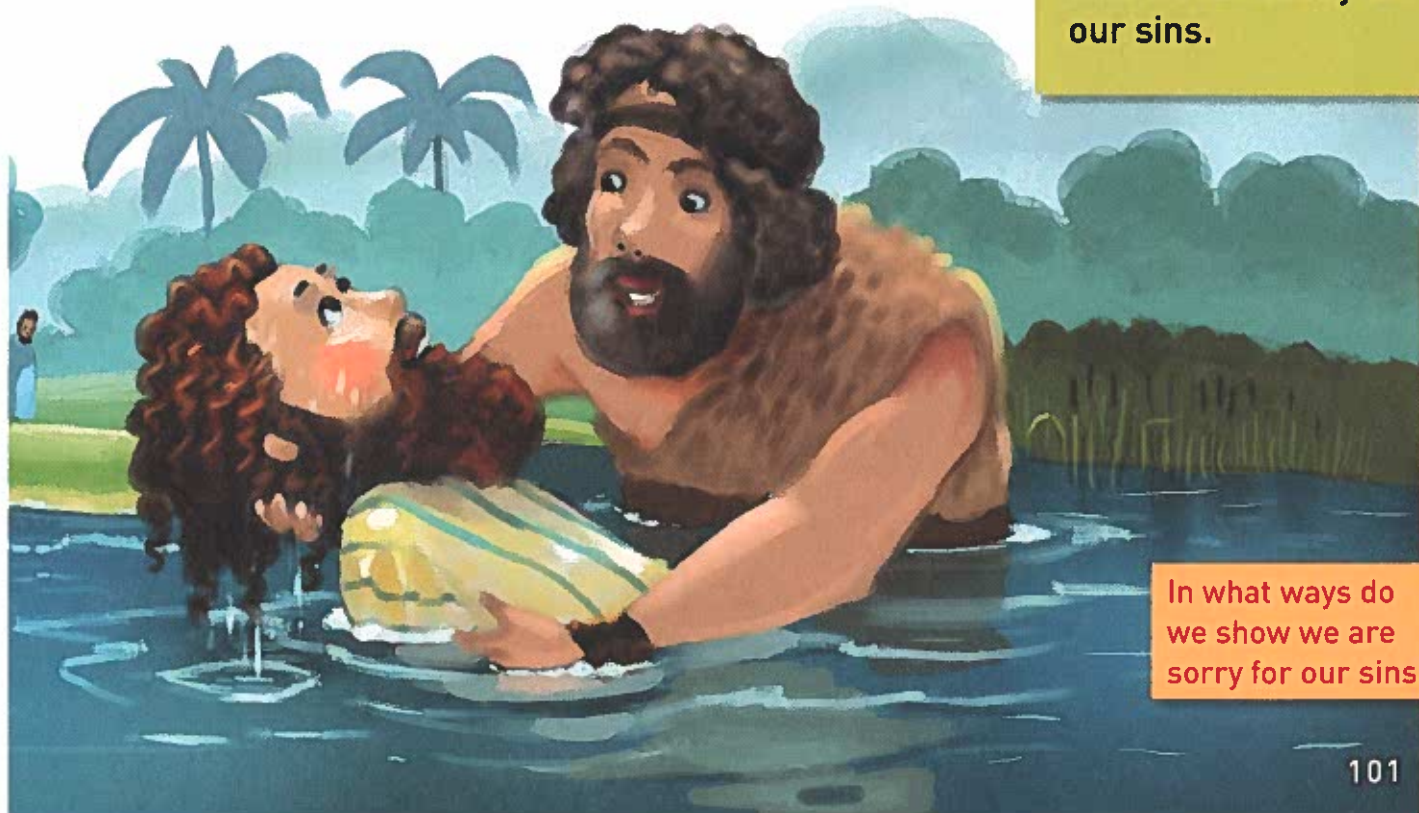
## Faith Words

### contrition

Contrition is sorrow for doing wrong and wanting to stay away from sin.

### Act of Contrition

The Act of Contrition is a prayer that tells God we are sorry for our sins.



In what ways do we show we are sorry for our sins?

## A Penance Service

Matt and Kate went to a penance service. Many other people were there, too. Everyone had come because they wanted to return to God. They listened to a story that Jesus once told. It is about a shepherd and a lost sheep.

A shepherd had one hundred sheep. One sheep got lost. The shepherd went to look for it. When he found the sheep, the shepherd was very happy. In the same way, there is great joy in Heaven when a sinner repents.

*Based on Luke 15:4-7*

God is like the shepherd in the story. He rejoices when we return to him.

Why is this a good story for a penance service?



**Scripture Verse**

'Rejoice with me because I have found my lost sheep.'

Luke 15:6



## ACTIVITY

Use the secret code to write the missing letters.  
Then read the prayer of sorrow.

### Secret Code

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M
14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

6 1 20 8 5 18 9

1 13 19 15 18 18 25

6 15 18 1 12 12

13 25 19 9 14 19

What does it  
mean to return  
to God?

# An Act of Contrition

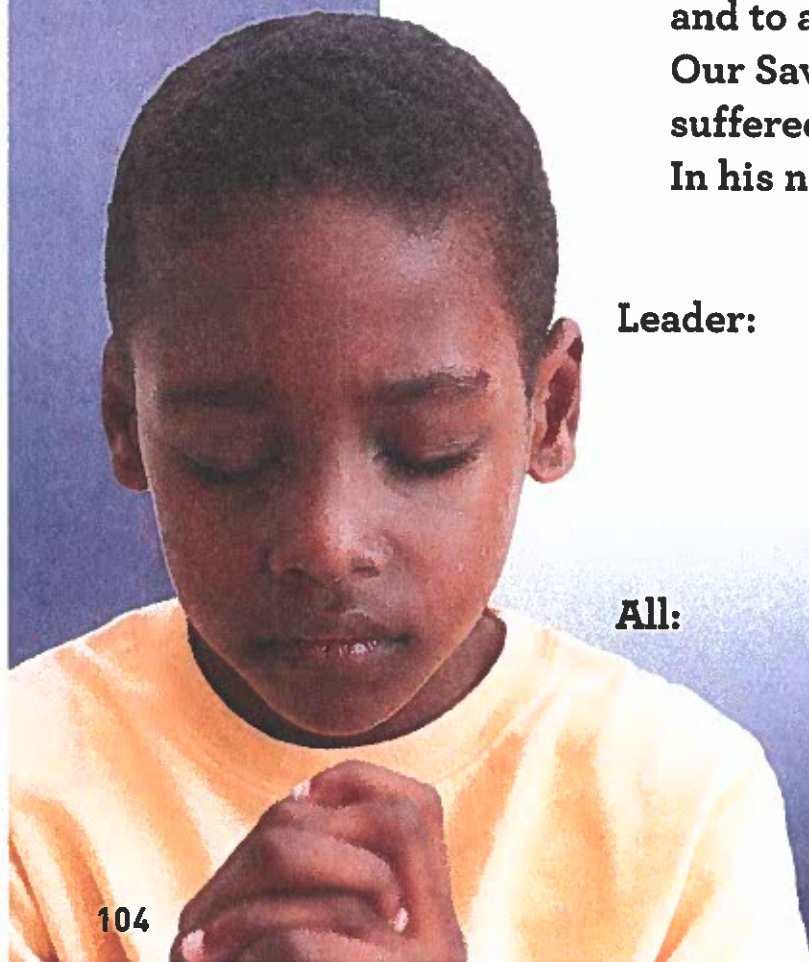
**Leader:** When we sin, one way to return to God is to pray a prayer of sorrow. We also think of ways to try to do better.

**All:** **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.**

*Rite of Penance*

**Leader:** God always seeks us out when we walk away from the path of goodness. God is always ready to forgive us when we have sinned.

**All:** **Amen.**





# Chapter Review

# 8

**A** **Complete** each sentence by drawing a line to the correct word.

1. \_\_\_\_\_ means to be sorry and to want to do better.
  - Act of Contrition
2. A prayer or act to make up for the harm caused by sin is called a \_\_\_\_\_.
  - Contrition
3. To show that we are sorry, we pray an \_\_\_\_\_.
  - prayer of sorrow

**B** **Draw or write.** What did Jesus say happens in Heaven when a sinner repents?

