



GOD'S SAVING LOVE FOR US: LITURGY AND THE SEVEN SACRAMENTS

TOPIC: THE SACRAMENTS OF HEALING: PENANCE AND RECONCILIATION

MATERIALS

- Ice Breaker: cotton balls, Vaseline, baby wipes
- Bibles
- Prayer Poem Handout: [Jesus, Who Am I?](#)
- [Treasures of the Sacrament of Reconciliation](#) by Catholic Icing:
- Construction Paper (Brown for the chest, and whatever color you want for your background.)
- Glue Stick, Black Sharpie Marker, Glitter Glue (in a variety of colors), Foiled/shiny paper, Self-Sticking Craft Jewels, Golden Doilies (optional)

Goal(s):

- Families will share about their Family Epiphany Blessing experience.
- Families will learn about the Sacrament of Reconciliation.
- Families will share about their favorite bible stories that show God's forgiveness.
- Families will reflect on the gift of the Sacrament of Reconciliation.
- Families will identify the treasure of the Sacrament of Reconciliation.

OPENING PRAYER

Lord Jesus Christ,
We entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples.
Amen.



ICE BREAKER

Cotton Ball Wisemen Beards!

1. For this fun relay game, divide into teams of "three wisemen."
2. Each person smears Vaseline on the bottom of his/her face, runs across the room and sticks his/her face into a plate of cotton balls trying to stick as many as possible without using his/her hands, then runs to the other end and peels them off into a bowl before tagging the next person to start the process.
3. First team to get the highest number of cotton balls in 7 minutes (have leaders keep count) wins!
4. Take some pictures to remember the Epiphany fun!

Adapted from signupgenius.com



FAMILY SHARING

(LARGE GROUP)

First, model, remind, and help families to feel comfortable, by briefly showing a picture of your own front door and sharing about your family's Epiphany Blessing experience.

Then, ask each family to share about their Family Epiphany Blessing experience and show the pictures of their front doors.

- How would they describe their experience?
- How did it make them feel, about their family, their home, themselves?
- What do they think of when they walk through the front door of their home?
- What does the blessing mean to them?

CONTENT

Watch: [The Sacrament of Reconciliation Explained](#) (6 min)

or

[A Kid's Guide To The Sacrament Of Penance](#) (4:55 min)



MAIN CONCEPT

From the time of Jesus, people haven't changed much. We still commit the same sins as the people did back then, and we need God's forgiveness just as much. Jesus is not walking the earth in the same way that He did 2000 years ago, but He is calling us, asking us to let Him heal us through His sacraments. Today, it is still Jesus who is forgiving people, but now He forgives us through the priest. The priest acts in the person of Jesus Christ, as Jesus is forgiving us in the Sacrament of Reconciliation, because only God can forgive our sins.

FAMILY CONVERSATION

1. **Provide** Provide "[Jesus, Who Am I?](#)" handout and bibles
2. **Invite** families to think about their favorite story of forgiveness in the bible while you are reading the prayer/poem.
3. **Read:** Jesus, Who Am I?
4. **Give** families 30 seconds of silence to think about their favorite story of forgiveness in the Bible.
5. **Invite** families to open their bibles, find their stories and share them with one another, explaining why the story is their favorite.

FAMILY ACTIVITY

Treasures of the Sacrament of Reconciliation

by Catholic Icing:

Explain: The Sacrament of Reconciliation is a beautiful gift from God! Jesus died to save us from the consequences of our sins, and to give us the grace to live united in love with God in this life and in the next, for eternity!

Let's brainstorm together the treasures of this sacrament!
(Write on a board everyone's suggestions)

Families use the brainstorming ideas to create their own Sacrament of Reconciliation Treasure Chests (see above link)

Ask families to place their Treasures of the Sacrament of Reconciliation on their home altars as a reminder to forgive one another and to go to the Sacrament of Reconciliation.

Examples of treasures of the Sacrament of Reconciliation:

Increases my treasures in Heaven
Helps me say no to sin
Makes my soul more beautiful
Takes away my sins
Restores grace to my soul
Helps me to be good
Unites me to God again!
Makes God happy!
Makes me happy!

PRAY

Prayer of St. Francis

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to
eternal life. Amen.

REMINDE

Remind families about
the next meeting
date and time.

