

# Repent and Believe the Gospel

2.17.4

**Unit Focus:** This unit explores the Sacrament of Penance (reconciliation with God, with ourselves and each other) and Anointing of the Sick (heals, frees and prepares us to continue our journey of life towards God). Students have acknowledged that sometimes in relationships there is hurt which requires healing and forgiveness. They will recall ways in which the Church helps them to forgive and be forgiven and gives peace and courage.

Students are challenged to:

- Respond as Christians to the presence of God in the world.
- Recognise Jesus in others and treat them accordingly.
- Participate in the Sacraments.

**In class:** Students have explored their lives and recognised the people they love. They have then discussed when one of these people has hurt them and how that made them feel. Relating this to the importance of forgiveness, they have taken part in forgiving this person and asked God for help to do so.

**Family supplement activity:**

As a family talk about the importance of forgiving one another and explore various ways which you can do so in your lives.



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Family Supplements

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REFLECT

**Aim:** To help you recognise the effects of sin (on yourself and others) and encourage you to live your life as Jesus did.

## Reconciliation

The home is the perfect place where reconciliation is modelled on a daily basis. Each time someone in the family is sorry for something or forgives someone for hurting them in some way, they are witnessing Christian values. As a family talk about the different ways people in the home express their sorrow for something they have done wrong, e.g.

Shake hands **Say sorry** Give a Hug

Give a flower **Make a card** **Encourage**

Do something nice to help **Smile**

*See if your family can think of other examples*

As a family, when you sit down to dinner one evening, ritualise the fact that you forgive each other as Jesus taught by making a simple prayer chain with small flowers (like a daisy chain). As an alternative, tea light candles may be used in a circle and lit individually by each family member.

- Place a small flower on the table for each member of the family. Invite each person to pick up their flower and think lovingly of a member of the family who they have forgiven for something and say a prayer for that person in their heart.
- Tie the flower stems together to make a chain or lay the flowers in a circle.
- Leave the chain on the table as you eat your meal as a symbol of the love and forgiveness that exists amongst family members.
- Pray the Our Father (The Lord's Prayer) together.

*"Jesus taught us to forgive one another".*

RESPECT

Family Supplements

RESPOND

REJOICE

