Monday 1st March 2021

Can I describe ways to say sorry in our daily lives?

Part of the Introductory Rite at the beginning of Mass is the Penitential Act. It reminds people of the mystery of Christ’s love. This helps to prepare people to hear God’s Word in the part of the Mass which is the Liturgy of the Word. It also helps them to feel part of the community, as everyone together is needing mercy and forgiveness.

The priest begins the Penitential Act by saying:

*“Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.”*

There are then three different Penitential Acts that could be used:

1. I confess …
2. Have mercy on us, O Lord …
3. You were sent to heal the contrite of heart …

In the *I confess* prayer, everyone acknowledges they have done wrong in their thoughts, in their words, in the things they have done and the things they have neglected to do. Then they agree it was their own fault. Nobody made them do it. Finally, they ask all the angels and saints as well as everyone present to pray for them.

At the end of the Penitential Act, the priest reassures the people by saying:

*“May Almighty God have mercy on us, forgive us our sins and bring us to everlasting life.”*

Everyone responds, “*Amen!*”

Questions to think about (you do not need to answer them in your books)

**Q** Why do you think the Penitential Act is at the beginning of Mass?

**Q** How is Christ’s love shown in the Penitential Act?

**Q** There are four types of wrong doing prayed about in the *I confess*. Which one do you think is most commonly the cause of doing wrong?

1. Wrong thoughts
2. Wrong words
3. What we do
4. What we fail to do

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done, and in what I have failed to do, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

* Underneath the date and learning objective, give some examples of how we say sorry in our daily lives.

Draw some pictures and write a sentence / couple of sentences underneath to explain how this shows saying sorry.

For example, saying the word sorry, doing something kind for someone, giving a hug, or smiling at someone etc – please think of some other ideas yourself.

* How can we change what we do in order to follow God’s way?

Include some pictures and write a sentence / couple of sentences underneath which explain how we can follow God’s way.

For example, doing something kind for someone, giving up your time for someone else, praying, asking someone who is on their own to join your game etc – please think of some other ideas yourself.