

Review Sheet 5: We Show we are Sorry

Words to Know

Penance is : Something we do to show we are sorry for doing wrong.

Absolve means “ Take away”.

Contrition is being Sorry for doing wrong.

Act of Contrition is a prayer of Sorrow.

Amen means “ Yes I believe or Yes “let it be “

Questions to Answer.

1. How can we show that we are sorry for doing wrong?

By saying that we are sorry in the Sacrament of Reconciliation.

2. After we tell our sins to the priest what will the priest do?

Help us choose an act of Penance.

3. What prayer do we say right before absolution in the Sacrament of Reconciliation?

We say the Act of Contrition.

4. What does the priest do to show that God forgives our sins?

The priest puts his hand over our head and he says “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit”.

Scripture to Remember

“The Lord is merciful and loving, slow to become angry and full of constant love (Psalm 103:8)

“My children, our love should not be just words and talk; it must be true love, which shows itself in action.” (1 John 3:18)

Home Work:

Examination of conscience and Steps to confession

Learn: Ten Commandments (page 31)

Revise Prayers: Act of Contrition / I confess / Act of Faith/ Hope/ Love (Charity) / Anima Christi

Note: Please refer to Glossary on page 79 and for Questions and Answers on page 80 of the Book.