

FAITH AT HOME

A Parent Companion



PENANCE AND COMMANDMENT REVIEW



Lesson Overview:

Today we focused on penance. The priest gives us a penance after we confess our sins, which helps us to make up for what we have done and to restore our relationship with God. Sin causes harm to our souls and to others. Even when the sin is forgiven through absolution, it can take time and effort to repair the damage that has been done. Prayer helps to repair our relationship with God. We also may be given a penance to perform actions for others to repair our relationships with them, such as returning something we have taken. We used a biblical example of Zaccheus in Luke 19, who was a tax collector, but who agreed to give money to the poor and to repay anyone he had wronged fourfold.

We also reviewed the commandments. Ask your child to list the commandments for you.

1. I am the Lord your God, and you shall have no strange gods before me.
2. Do not take the Lord's name in vain.
3. Keep the Sabbath day holy.
4. Honor your father and mother
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness (lie).
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.



"Parable of the Pharisee and the Publican"
Colored engraving
Source: Alamy Stock Photo

SAINTS AMONG US

Reconciliation



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REVIEW WITH YOUR CHILD

1. Why do we do penance? **To make up for what we did and to restore relationships.**
2. What did Zacchaeus do as a form of penance? **Gave away half of his possessions to the poor and repaid people four times what he stole.**
3. Name three commandments.

FAITH IN ACTION

Are there things we need to make up for in our life? How about within our family? Have a discussion about what you can do to repair any damage in your relationships.

AT HOME

1. We asked your child to describe the importance of penance to you. Talk about ways of making up for things that go wrong.
2. Practice saying the Act of Contrition and say the Guardian Angel prayer each night as a family before bed.

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because I have offended You, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.

Guardian Angel

Angel of God, my Guardian dear, to whom His love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.