

Acts of Worship

Virtue: Forgiveness

Virtue to live by:

I accept God's forgiveness. I show my love for God by forgiving others and myself. I let go of my hurt feelings and give myself a new start. I give others a new start.

Week 1 – theme – God forgiving us

Gathering together

Focal point:

Purple cloth

Crucifix

Candle

Word Psalm 86

You are my God;

have mercy on me, Lord,
for I call to you all day long.

Bring joy to your servant, Lord,
for I put my trust in you.

You, Lord, are forgiving and good,
abounding in love to all who call to you.

Hear my prayer, Lord;
listen to my cry for mercy.

Response to/reflection on the Word

This psalm is about God's everlasting mercy and forgiveness. Pope Francis says; 'The Lord never tires of forgiving, it is we who tire of asking for forgiveness'.

Play reflective music. Have you ever needed to ask for forgiveness from God? Do you say sorry to God when you have made a mistake?

We pray for those children who are making/have recently made their First Reconciliation. Say the Act of Contrition with the children.

Going forth

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Remember to ask for God's forgiveness if you make a mistake. Learn the Act of Contrition (give the children a copy to hand out at the end of the worship).

Ideas for music:

'Sing my soul'

'Come back to me'

Sung version of 'Our Father'

'Lord Jesus Christ, you have come to us'

'God of mercy and compassion'

'Come bring your burdens'

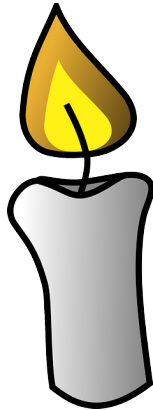
'Forgiven' – Mary Mary

'Father I have sinned' <https://www.youtube.com/watch?v=vq8JNLwX5sM>

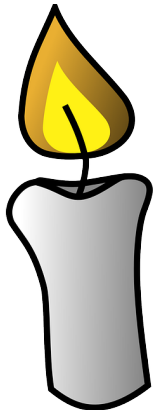
'Sorry seems to be the hardest word' – Elton John

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**Oh my God,
Because You are so good,
I am very sorry that I have sinned
against you,
And by the help of Your Grace,
I will not sin again.**



**Oh my God,
Because You are so good,
I am very sorry that I have sinned
against you,
And by the help of Your Grace,
I will not sin again.**



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Virtue: Forgiveness

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Week 2 – theme – Forgiving each other

Gathering together

Focal point:

Purple cloth

Crucifix

Candle

Word Colossians 3:13

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Response to/reflection on the Word

This teaching from Jesus, asks us to forgive each other as God forgives us.

Remember the words to the Father's Prayer:

'Forgive us our trespasses as we forgive those who trespass against us'.

Play reflective music during an examination of conscience:

Have I prayed every day?

Have I been moody or grumpy about going to church?

Have I asked the Holy Spirit to help me do what is right?

Have I tried really hard to follow in Jesus' footsteps?

Have I been obedient and respectful to my parents?

Have I lied?

Have I been selfish?

Have I been helpful towards others?

Have I been kind and generous with others?

Do I forgive others when they hurt me?

Going forth

Say the 'Our Father' at home, pausing when you say; 'Forgive us our trespasses as we forgive those who trespass against us'. Think about the words you speak.

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Further resources:

'Pray as you go' app has information about praying the 'Examen'

Meditation resources

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Week 3 – theme – Forgiving each other

Gathering together

Focal point:

Purple cloth

Crucifix

Candle

(Prepare before the worship)

Ask two children to role play a child pushing the other, seven times.

Word Matthew 18:21-22

"Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

Response to/reflection on the Word

This reading tells us that we must forgive each other, no matter how many times we make mistakes. This is hard sometimes.

Play reflective music: How many times should we forgive someone? Forgiveness does not mean we let people hurt us, or let them 'get away with it', but we try to forgive them anyway. You give someone another chance after they have done something wrong so they can make a new start. You let go of your feelings of sadness, anger and revenge. You show your love for the person rather than focusing on the wrong. When you forgive someone you show that your relationship with them is more important than the wrong they have done.

Say together:

Dear Lord,

Please give me the strength and courage to forgive others when they hurt me by what they say or do.

Amen.

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Going forth

Do you need to forgive somebody? Today, offer up a prayer for them. Give each class a large, heavy stone to take back to class. This weight represents the feelings of sadness, anger and revenge you have if someone hurts you. It also is a symbol of the strength that God gives you to forgive others.

Ideas for music:

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