

Building Bridges

Christians believe that, in Jesus Christ, the world has been reconciled to God. Through and in Christ, every human being is offered the power to reach out in forgiveness and peace, to receive and to offer reconciliation. In order for bridges to be built, a person has to acknowledge wrongdoing, so as to be reconciled to others and to God. This can be formally celebrated in the Sacrament of Reconciliation.



Act of Contrition

O my God,
I am very sorry
for what I have done wrong.
I know you love me
and I want to love you too.
With your help
I will try not to sin again.
Amen



Key Knowledge

- God's mercy and love.
- Jesus the Good Shepherd (lost sheep).
- Examination of Conscience.
- Sacrament of Reconciliation. Other names for it, Confession, Penance and Sacrament of Forgiveness.
- Contrition.
- Absolution.
- Penitential Rites 1 and 2.
- Scripture references to God's unconditional love and forgiveness.

Key Vocabulary

Contrition: to feel sorry for something bad you have done.

Absolution: the act of forgiving someone for something bad they have done or thought.

Examination of Conscience: to examine your life.

Sin the intention to do wrong deliberately.

Penance: something someone does to show others they are sorry for something they have done.

Reconciliation: to restore friendship with another person or God.

Confession: Telling someone what you have done wrong.

Repentance: the fact that you are showing you are sorry for something.



Questions of Meaning and Purpose:

- What might destroy a bridge of friendship?
- How can bridges between people be built?