

## Chapter 9

***So Sorry***

Turn back to God, and believe in the Good News.

*Mark 1:15*

**To the Parent:**

In chapter 9 your child learned to:

- Give examples of healing words
- Give examples of healing actions
- Explain the difference between a mistake and a sin

Before one can be forgiven, he or she must acknowledge the wrong that was done to God or to others and be sorry for it. Then comes the hard part for many: asking for forgiveness. The sacrament of Penance offers Catholics a beautiful way of saying “I am sorry” and of experiencing God’s forgiveness. God is present in the human encounter with a priest in the sacrament of Penance and in the comforting and encourage words of absolution, “May God give you pardon and peace.”

Confessing one’s sins to a priest in the sacrament of Penance is only one aspect of seeking forgiveness. It is also important that whatever harm has been done be healed by seeking forgiveness from others. It is important to express a heartfelt “I’m sorry” to those who have been hurt by words, actions, or attitudes. Then we must trust in them to forgive as the Father forgives all sinners.

**With Your Child:**

1. Make four paper circles. Write the words “I’m sorry” on each one. Explain to your child that when they hurt someone the circle will help them say *I’m sorry*.
2. One evening have a sorry time. Maybe your child did not obey, fought with a sibling, or was selfish. Talk about these kinds of incidents with your child and help your child ask for forgiveness.
3. Read about Saint Dismas on the Review and Explore page.