



Reconciliation and peace

A REFLECTION FOR CHILDREN AND FAMILIES PREPARING FOR THE SACRAMENT OF PENANCE AND RECONCILIATION

■ Read Matthew 22:34-40

Jesus gives us two great commandments: to love God and to love others as ourselves.

DISCUSS

- How do you show love for God?
- How do you show love for others?

We sin when our actions do not reflect our love for God, others or ourselves. Sin hurts our relationship with God and other people (Catechism of the Catholic Church, no. 140). When we realize that what we did was wrong, we ask forgiveness and receive the Sacrament of Penance and Reconciliation to experience God's healing and forgiveness.

Reconciliation leads us to peace. After receiving the sacrament, we are filled with God's peace and sent to bring this peace into all of our relationships.



Photo by Oscar Leiva/Silverlight for CRS

Use words or draw a picture to describe a time when you apologized to someone. Describe how you felt after you apologized. (Use the back of this page).

Just like people can hurt their relationships with others through sin, communities and countries can also damage their relationships with each other. It can be difficult for us to imagine what we can do to bring peace to people who are far away. But by saying that we are sorry, accepting others' apologies and receiving God's healing, we bring peace to our families, communities and the world. We can also pray for peace for all people who live in areas where people are fighting.

Write a prayer for peace that you can say with your family.



prayer

You can help bring peace to places around the world through Catholic Relief Services. To learn more and get involved, **visit crs.org**.



Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. We ease suffering and provide assistance to people in need in more than 100 countries, without regard to race, religion or nationality.

This resource is meant to help children and their families reflect on one aspect of reconciliation, and is intended to supplement a comprehensive Sacrament of Penance and Reconciliation preparation program.