

Daily Reflection

Forgiveness

3/17/20

As a family take some time together to reflect on and share your answers to the following questions:

1. Can you name a time when someone forgave you for something that you did? How did you feel after that happened?
2. Have you ever had to apologize to someone else for something that you did? What was it like to do that? Did you feel any different after you apologized? Did your apology effect your relationship with that other person?
3. What does it mean to you that God will always offer you forgiveness if you ask for it? What are some of the ways that you can ask God for forgiveness?
4. How does your family define mercy? Have each member of the family take a few moments to write down their definition of mercy (or draw a picture that represents mercy to them). Share with each other and as a family come up with a definition of mercy. Once you have done that, make a list of three ways that your family will consciously be more merciful and forgiving toward one another

Walking the Walk

Sometimes, we find it difficult to forgive others when they hurt us. Each family member should take some time before bed and ask God to help them recall someone in their life that they need to forgive. Make a commitment to offer forgiveness to that person as soon as possible.

Daily Prayer Focus: The Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and in failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

