

Lesson 30 – Contrition

Grades 3-5

Lesson Preparation:

Read Lesson 30 in the Baltimore Catechism. You will need to have a Bible for this session. Also, if the students don't know the Act of Contrition, be prepared to guide them through it for the activity.

Opening Prayer:

Scripture: “For I know my offense; my sin is always before me. Against you alone have I sinned; I have done such evil in your sight” Psalm 51:5-6

Leader: Lord, we acknowledge that we are sinners, and that sin is what crucified You. Help us to deepen our sorrow for our sin and turn away from it. Amen.

Together: Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created, and You shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit, we may be truly wise and ever rejoice in His consolations, through Christ our Lord. Amen.

Opening:

Today's lesson is about contrition. Contrition means sorrow for sin. We will learn about the different types of contrition today, but one of the ways to deepen contrition is to meditate on the Passion of our Lord.

Read Mark 15:16-39. Ask the class to pay attention to the story of Jesus's crucifixion, and to consider that He died for love of us, and that it was our sin that crucified Jesus. Pray that an understanding of Jesus's suffering and death will help us develop a deeper sorrow for our sin.

Watch the Lesson 30 Video on Catholic Brain

Comprehension Questions: *Note: These questions are asked after the video, just to check student comprehension. They are not discussion questions, but be sure students understand the answers to these questions before moving on*

1) What is contrition?

Sorrow for sin

2) What is perfect contrition?

Sorrow for sin because we love God and are sorry for offending Him.

3) What is imperfect contrition?

Sorrow for sin because we fear hell and don't want to go there.

4) Which type of contrition is necessary for the sacrament of penance?

Imperfect contrition is all that is necessary, but perfect contrition is better.

Discussion Questions: *Note: These questions are for student discussion. The students should consider these questions and comment on them. There are some key points included in this lesson, after each question, that you can use to help guide their discussion toward truth. It's important that the students think about and discuss these things, but that they don't leave the discussion with false impressions about what is true.*

1) Why is it important to try and develop perfect contrition for our sins?

Although God will accept imperfect contrition, there are selfish motives to it; perfect contrition is sorrow for God's sake, not just our own, and it helps us grow in love.

2) What are some ways to help deepen our contrition?

You've already discussed meditating on the Passion, but students may have a variety of other ideas as well.

Activity:

An important prayer is the Act of Contrition. It is a prayer expressing sorrow for sin. There are a couple of different versions of the prayer. Pray one together. After praying an Act of Contrition, students can write their own. They will write a prayer, in their own words, telling God they are sorry for their sins. They can use the Act of Contrition as a guide to help them.

Closing Prayer:

Leader: We thank You, Lord, not only for your forgiveness, but also for showing us what sin really is, so we can learn to hate sin, and to love You. Amen.

Together: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.