

# Young Apprentices

A RESOURCE FOR THE OCIA

## CATECHUMENATE SESSION: FORGIVENESS

Fifth Sunday of Lent • Year C • April 6, 2025

### Act of Contrition

O my God,  
I am sorry and repent with all my heart  
for all the wrong I have done  
and for the good I have failed to do,  
because by sinning I have offended you,  
who are all good and worthy to be loved  
above all things.  
I firmly resolve, with the help of your grace,  
to do penance,  
to sin no more,  
and to avoid the occasions of sin.  
Through the merits of the Passion  
of our Savior Jesus Christ,  
Lord, have mercy.

*Order of Penance*



### Sunday Word

**Isaiah 43:16-21**

**Psalms 126:1-2, 2-3, 4-5, 6**

**Philippians 3:8-14**

**John 8:1-11**

The above readings are available at  
[usccb.org/bible/readings](http://usccb.org/bible/readings).

### To Help You Remember



1. The LORD encourages his chosen ones to "[r]emember not the events of the past" but to see the new things that he is doing.
2. Saint Paul's message is similar to that of the prophet Isaiah. He encourages believers to forget "what lies behind" and strain "forward to what lies ahead."
- 3 Jesus makes the point that no one is without sin. He forgives the woman the sins of her past and commands her to go and sin no more.

## Key Teachings



### Forgiveness

God loves us completely. From his great love for us flows forgiveness for our sins. Jesus came not to condemn us but to invite us to live up to our high calling as daughters and sons of God.

We become the daughters and sons of God in Baptism. Because we are baptized only once, the Church invites us to continue to seek and to celebrate God's mercy in the Sacrament of Penance and Reconciliation. Through this sacrament, our relationship with God and with the Church—broken by sin—is restored.

## Faith Word



### forgiveness

Forgiveness is a sign of love. We ask for forgiveness because we love God. We want everything to be right again. We share God's forgiving love with others when we forgive people who hurt us.

## A Sign of Forgiveness

Saint John Vianney was a priest who was respected because of his kindness to people who were sorry for their sins. He showed people God's mercy and love. Saint John Vianney was a special sign of God's forgiveness. Learn more about Saint John Vianney at [SaintsResource.com](http://SaintsResource.com).

## With My Family



### We Listen

Jesus is so very kind to the woman in the story. She is being attacked by those who want to condemn her. Jesus does not condemn her. He literally saves her life. Jesus saves us, too.

### We Believe

In the Sacrament of Penance and Reconciliation, the priest extends his hands over the person who has just confessed her or his sins. Then he prays a pray of *absolution* in the name of the Church. *Absolution* is the pardoning or forgiving of sins.

### We Live As Disciples

By being kind like Jesus, we can save others from cruelty and hatred. One simple act of kindness can change the life of another person. Stand up for those who are bullied and attacked by others.

### We Pray

When you receive the Sacrament of Penance and Reconciliation, you pray an Act of Contrition, like the one on this handout. Here is another Act of Contrition: *Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.* Pray this prayer as a family throughout Lent. You can also use your own words to express sorrow for your sins.