Mercy and Forgiveness

Grades 10-12

**Theme:  God's Grace is Enough**

**Topic:  Forgiveness and Mercy**  
**Discipline:  Whole School**

Overview:  Discussion at all grade levels about the role of forgiveness in our lives, about past choices and consequences, and about the benefits of the Sacrament of Reconciliation.

**[Day 1 Student Handout.pdf](https://lacatholics.org/wp-content/uploads/2020/09/Day-1-Grades-10-to-12-handout-forgiveness-and-mercy-2020-.pdf) |**[**Examination of Conscience​**](http://old.la-archdiocese.org/org/oljp/life/respectlifeweek/Documents/RLW2014/10-12_Examination_of_Conscience_Chosen.pdf)

Have the students read the handout on Forgivness and Mercy and discuss it with them.

Below are additional resources for teachers and students.

Other resources:

**Stories**

* [​"There is No Shame in Being Healed"​](http://chastityproject.com/qa/there-is-no-shame-in-being-healed/) Chastity Project's Crystalina Evert shares how even though  everyone carries wounds, there are no wounds that God cannot heal.
* ["How to Make a Good Confession"](https://www.youtube.com/watch?v=GCmumpsrwBE&index=88&list=PLeXS0cAkuTPpJ6j3eH59WudJhJ4q1tpwH) Fr. Mike Schmitz gives tips on how to make a good confession. 7 minutes.
* ["Praying in a State of Mortal Sin"](https://www.youtube.com/watch?v=G6KDiOh_Pn8) Fr. Mike Schmitz explains that praying in a state of mortal sin is a sign of our response to God's mercy, and is more than encouraged.  9 minutes.
* ["Shame vs. Guilt"](https://www.youtube.com/watch?v=CLTE_7NVljY) Fr. Mike Schmitz explains the difference between shame and guilt. 5.5 minutes.
* ["What You Should Know About Purgatory"](https://www.youtube.com/watch?v=GnwDDsN6ZfM&list=PLeXS0cAkuTPpJ6j3eH59WudJhJ4q1tpwH&index=4) Fr. Mike Schmitz clarifies the Catholic doctrine of Purgatory, and connects it to God's mercy.  7 minutes.
* ["Signs of Forgiveness"](https://www.youtube.com/watch?v=FxoMbPWuk0I) Inspirational video about choosing to forgive because God forgave first.  2 minutes.
* ["Ocean of Mercy"](https://www.youtube.com/watch?v=CvZ4l9ZI67A#t=54)  Chris Stefanick talks about the mercy of God that is big enough to swallow any sin anyone might ever commit.  2.5 minutes.
* [Life is a Journey​](http://dynamiccatholic.com/confirmation/view-program/session-1/) Matthew Kelly invites us to pause to consider how our journey is going and what we may need to change in order to get back on the right track.  Session 1 of the Decision Point Confirmation program. 8.5 minutes

***Articles***

["My Side of the Confessional"](https://lifeteen.com/blog/my-side-of-the-confessional-what-is-it-like-for-a-priest/)A priest's view of confession.  Dispels myths about priests and the Sacrament of Reconciliation that may be preventing young people from going to confession.

["Why do Catholics Believe in Indulgences?"](http://lifeteen.com/blog/why-do-catholics-believe-in-indulgences/)Clarifies Catholic teaching on Indulgences and explains its roots in God's mercy.

["The Permanent Wounds of Mercy"](http://lifeteen.com/blog/the-permanent-wounds-of-mercy/) Just because our wounds persist does not mean that God has not forgiven us.

["How to Slap Shame in the Face"​](http://lifeteen.com/blog/slap-shame-face/) "Guilt is feeling bad about what you've done.  Shame is feeling bad about who you are." Article helping those seeking forgiveness.

***Scripture and Church Teaching***

[Pope Francis' Apostolic Letter on Mercy](http://w2.vatican.va/content/francesco/en/apost_letters/documents/papa-francesco-lettera-ap_20161120_misericordia-et-misera.html) Teaching on mercy and how to continue the spirit of the Year of Mercy even now that it has ended.  Long, but worthwhile.  Great resource for teachers as well.

["Now is a time of mercy"](http://en.radiovaticana.va/news/2016/11/21/now_is_a_time_of_mercy_pope_issues_new_apostolic_letter/1273725) Vatican Radio's summary of Pope Francis' Apostolic letter.

***Prayer Opportunities***

["Restored"](http://lifeteen.com/blog/restored/) Story of forgiveness and introduction to the Divine Mercy devotion.  Article.

["The Divine Mercy Message"](http://www.thedivinemercy.org/message/) Another explanation of Divine Mercy.

["How to Pray the Chaplet of Divine Mercy"](http://www.usccb.org/beliefs-and-teachings/how-we-teach/new-evangelization/year-of-faith/how-to-pray-the-chaplet-of-divine-mercy.cfm) USCCB instructions to pray the Divine Mercy Chaplet.

["The Divine Mercy Devotion"](https://www.youtube.com/watch?v=ZUy1xUgge34) Fr. Michael Gaitley explains the different aspects of Divine Mercy devotion. Video.  4 minutes.

["Divine Mercy Chaplet Explained'](https://www.youtube.com/watch?v=-YrfxXb8Uwk) Catholic speaker Ken Yasinski explains the story of St. Faustina and the Divine Mercy Chaplet.  Video.  3 minutes.  He also has a video explaining the ["4 Promises"​](https://www.youtube.com/watch?v=7zLmglQazvc) of the Chaplet. 4 minutes.

[Catholic Relief Services "Litany of Mercy"​](https://www.crs.org/resource-center/litany-mercy) April 2017 monthly prayer handout.