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 | Examination of Conscience

Have the students read the handout on Forgiveness 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" 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" Fr. Mike Schmitz gives tips on how to make a good confession. 7 minutes.
- "Praying in a State of Mortal Sin" 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" Fr. Mike Schmitz explains the difference between shame and guilt. 5.5 minutes.
- "What You Should Know About Purgatory" Fr. Mike Schmitz clarifies the Catholic doctrine of Purgatory, and connects it to God's mercy. 7 minutes.
- "Signs of Forgiveness" Inspirational video about choosing to forgive because God forgave first. 2 minutes.
- "Ocean of Mercy" 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 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" 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?" Clarifies Catholic teaching on Indulgences and explains its roots in God's mercy.
"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" "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 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 Vatican Radio's summary of Pope Francis' Apostolic letter.

Prayer Opportunities

Restored Story of forgiveness and introduction to the Divine Mercy devotion. Article.
The Divine Mercy Message Another explanation of Divine Mercy.
How to Pray the Chaplet of Divine Mercy USCCB instructions to pray the Divine Mercy Chaplet.
The Divine Mercy Devotion Fr. Michael Gaitley explains the different aspects of Divine Mercy devotion. Video. 4 minutes.
Divine Mercy Chaplet Explained 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 of the Chaplet. 4 minutes.
Catholic Relief Services "Litany of Mercy" April 2017 monthly prayer handout.