

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.