

# The Lord Gives Us Peace

**Objective:** Students will be able to state that 1) through the power of the Holy Spirit, the Church proclaims the forgiveness of sins and 2) through the Mystery of Repentance, we receive the Lord's peace and forgiveness

## **For the Catechist**

In the Grade 2 book the students learned that the Mystery of Repentance "gives us new life again . . . like wearing our baptismal robe again." In the Grade 3 book, the students learned the Mystery of Repentance is "our way to receive God's healing grace when we come to Him for forgiveness of our sins." This year they will learn the Mystery is "our way to receive God's healing and forgiveness when we come to Him and confess our sins." In return this Mystery proclaims to us sinners the true peace that comes from the risen Lord.

Jesus' resurrection is the sign of the communion of God and humanity. We experience that communion through faith and repentance, and union gives us peace. This is the great gift that we have received in our baptism and chrismation and that we celebrate in the Divine Liturgy. Yet, we must remember that we often fail at maintaining this communion. Regretfully, many people no longer feel the seriousness of sin and evil in the world today. All of us need to be reminded of sin's seriousness and our need to ask God to forgive us.

Help the children realize the separation from God's peace is the result of sin. God is extending us His peace and forgiveness, but we need to turn to Him and ask for it. We all need to remember to go to confession often to receive God's healing grace.

## **Lesson Plan Overview**

**Opening:** Heavenly King

**Introduction:** Discussion of forgiveness  
**Need:** scenario worksheet at end of lesson

**Read Text Aloud:** Have the students volunteer to read the text aloud or have the students read sections silently.

### **Activity Tracks:**

Choose a basic, group, or craft activity (detailed on the pages that follow) to reinforce the lesson.

- *Basic:* Peace Be with You
- *Group:* Confession
- *Craft:* "Please Forgive Me" Coupons

**Closing:** Prayer before Communion

## **Icon Packets:**

*Come Bless the Lord:*  
Ascension, The Descent of the Holy Spirit  
Packet II: Great Commissioning

## **Teaching Pics**

Holy Penance (S9, S10)

## ***Background Reading***

*(Direct quotations from the sources noted)*

### **The Image Restored**

"To restore the Image in fallen Adam' - this is how the Fathers described the purpose of Christ's coming. He restores that Image in us when we are grafted onto the Body of Christ in the mysteries of initiation. When, burdened and tried by sin, we need His healing touch. He meets us in two mysteries of restoration: repentance and holy unction.

"We are encouraged to confess our sins whenever we are conscious of having seriously strayed from the Lord's way. Traditionally we approach the mystery of repentance during the fasting seasons of the Church year and many parishes have penitential services during those times. Some priests are available for confession after vespers or before the Liturgy on the Lord's Day or upon request, depending on their other commitments.

"The Byzantine style of confession stresses that we are confessing to Christ through the medium of the Church. The penitent stands in front of a crucifix, an icon of Christ or the holy gospel book and beside the priest. The penitent confesses his sins, after which he receives spiritual instruction from the priest, who is to act more like a physician than a judge. As the priest recites the prayer of absolution, the penitent bows his head so that the priest may cover him with the end of his epitrachelion. This is a symbolic and tangible sign that God's grace has overshadowed the penitent and restored him to a state of friendship with God" (*DC 90*).

### **Mystery of Repentance**

"The faithful began early in the Church to use penance in two ways as the practice of private confession spread. The first was still the reconciliation with God and His Church for grave sins committed after baptism. At baptism God completely forgives our sins, which we renounce, giving us access to Communion with Him and making us members of His Body, the Church. This union is broken when we turn away from Him and commit a serious sin. Before we can return to Communion, we must seek reconciliation with the Church by the confession of the offense through a true *metanoia* (change of mind). This mystery restored the penitent to the life in Christ as a full member of His body and is completed only with the reception of Holy Communion, the fount of all forgiveness.

"A second use for this mystery was as a means for eradicating, not only immediate sin, but the tendencies toward sin impeding spiritual progress. The confessor came to stand in the role of one's 'spiritual father' or 'healer.' The state of the penitent's soul had to be revealed to the priest to show not only the serious sins but also the faults and the sins of weakness. The priest could then give spiritual direction and guidance in leading a fuller Christian life.

"This practice indicates that the believer, though completely freed from sin through baptism, requires a continuing nurture of grace to allow growth toward maturity in Christ. It initiates us into a life-long reality of living in God as His adopted children. We live out our baptismal commitment daily whenever we turn from what is wrong and do what is right. Maturation in learning to choose the good is an apt description of the Christian way. Gregory of Nyssa writes, 'Human perfection consists precisely in this: constant growth in the good.' Having chosen the right road of life does not eliminate stumblings and errors. Participating in the mystery of repentance enables us to continually adjust our sights to the right path as we walk toward enlightenment and fullness of life" (*LLII 81-82*).

# The Lesson Plan

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## **Opening**

*Today we are going to pray a familiar prayer, “Heavenly King.”*

## **Introduction**

*One day this week I almost had an accident—someone pulled out in front of my car.*

*I'm glad I was in a good mood that day because I didn't even blow my horn. I guess you could say I forgave the driver for almost hurting me. Do you think the driver knew I forgave him? (No) Do you think it helped me have a better day by forgiving him? How? [Use whatever story you want to help the children realize we are the ones who benefit from offering and receiving forgiveness. ]*

*Let's see if we can think of ways to forgive people who are not nice to us. I have on these cards some situations that might make us angry. I want each of you to pick one, and then tell us what you could do to show you forgive them. [Distribute the cards from the end of this lesson and give the students a few minutes to think about answers or you can have them work in groups to give answers.]*

*You gave some great answers. Now, let's pretend you are the ones who did the mean action. What should you do? (Ask the person to forgive you.) Is it hard to ask for forgiveness? Why or why not?*

*Let's turn to our lesson to learn how God wants us to ask Him for forgiveness. Before we start, who can tell me the name of the Mystery that gives us God's forgiveness and peace? (Repentance) Okay, let's begin.*

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## The Lord Gives Us Peace



We read in the Scriptures how the women found the empty tomb when they had gone to it three days after Jesus was buried. They were confused, but the angel told them, "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said" (Matthew 28:5-6). The angel told them Jesus is going to meet with the apostles.

According to the Gospel of Saint Luke, Jesus appeared to two other disciples on the road to Emmaus. The icon on this page recalls that meeting.

"On the evening of that first day of the week" we read that Jesus appeared to His apostles. Let's read in **Joh 20:19-23** what happened that day.

### **Reading of Text**

As the children read aloud, help them interact with the text using the comments or questions below which are keyed to the text phrases (in bold type).

**The icon on this page recalls that meeting.**

*What do you think you would ask Jesus if He started walking with you after His resurrection? [If time permits, have the children read Luke 24:13-35 to learn what happened.]*

We read how Jesus Christ said "Peace be with you" twice. Write what Jesus also said the second time, "As the Father **has sent me, so I** \_\_\_\_\_

**send you** \_\_\_\_\_" (Jn 20:21). He continued, "Receive \_\_\_\_\_

**the Holy Spirit** \_\_\_\_\_" (Jn 20:22). As Jesus Christ said this, He breathed on the disciples. The gift of the Holy Spirit let them receive Jesus Christ's peace. They were no longer afraid—Jesus Christ was with them!

We also receive the peace of Christ. Jesus Christ's peace comes to us in the Church through the power of the Holy Spirit. When we gather to celebrate the Divine Liturgy, Jesus is present among us and gives us peace through the Holy Spirit.

During the Divine Liturgy, we hear the priest say "Peace be with you." Just like the disciples, we receive the peace of Jesus Christ. Just like the apostles, we are to be no longer afraid because God is with us.

We have learned that at times we turn away from God's love and peace. We learned that is when we sin. When we sin, we separate ourselves from God's love and peace. Our separation makes us sad and lonely. We must remember God's love for us is greater than any of our sins. God continues to love us always—even as we are turned away from Him. God wants to give us His love and peace always so He willingly forgives us our sins when we ask for His forgiveness.

**....Jesus Christ was with them!**

*When are some other times that we learned that the Holy Spirit made the disciples brave? (When the Holy Spirit came down as tongues of fire on Pentecost)*

**....because God is with us.**

*Next time you are in church for the Divine Liturgy, listen for the number of times we hear "Peace be with you." We need to pray to the Holy Spirit to help us feel God's peace.*

**...we are the ones who turn away.**

*When is God's love with us? (Always) Remember: we are the ones who turn away. We have to choose to turn back to God's way. Let's think of some times we turn away. (When we are mean, when we yell at someone, when we disobey)*

**...God forgives us and God gives us peace.**

*What is the Mystery of Repentance? (Our way to receive God's healing and forgiveness when we come to Him and confess our sins.) Why should we be joyful when we receive this Mystery? (We receive the Lord's peace and forgiveness.) We are in communion with God—God is with us*

**Words to Remember:** [Read the words together, and use them to introduce, summarize, and/or review the lesson.]

**Read John 20:23** and write the words that say we are forgiven of our sins, **- whose sins you forgive are forgiven them** and whose sins you retain are retained." Through Jesus Christ, God gave the power to forgive sins to the apostles and to His Church.

Our Church gives us the Mystery of Repentance as our way to receive God's healing grace and forgiveness when we come to Him and confess our sins. God wants us to repent and say we are sorry for turning away from His love. We must remember that God is faithful to us always; we are the ones who turn away.

The Mystery of Repentance is also a time to receive the peace of Christ. Going to confession should be a joyful experience for us. It is a time of thanksgiving for the love that God continuously gives each of us. We are joyful because we have turned back to God, and, in return, God forgives us and gives us peace.



**Words to Remember:**  
**Emmaus:** A town near Jerusalem  
**Repent:** To feel sorry for what you have done.  
**Mystery of Repentance:** Our way to receive God's healing and forgiveness when we come to Him and confess our sins.

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## Activity Tracks

**Basic:** Peace Be with You

[This worksheet is in the student text.]

*Today we learned about God's peace. Let's look at some of the letters in our New Testament to read scriptural passages that talk about God's peace. Does anyone remember the word for the letters that are part of the New Testament? (Epistles) We are going to read from some of the Epistles. Then let's think about a time we felt God's peace.*

### Peace Be with You

I. Use the following scriptural passages from the Epistles to complete the sentences.

- Read Roman 15:33.**  
"The God of **peace be with you** \_\_\_\_\_."
- Read 1 Corinthians 14:32-33.**  
"Indeed, the spirits of prophets are under the prophets' control, since he is not **the God of disorder but of peace** \_\_\_\_\_."
- Read Philippians 4:9.**  
"Keep on doing what you have learned and received and heard and seen in me. Then the **God of peace be with you** \_\_\_\_\_."
- Read Hebrews 13:20.**  
"May the **God of peace** \_\_\_\_\_, who brought up from the dead the great shepherd of the sheep by the blood of the eternal covenant, Jesus our Lord, furnish you with all that is good, that **you may do His will** \_\_\_\_\_."

II. Write about one time that you felt God's peace. What happened and what did you do to help yourself feel that peace?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Group:** Confession

[This activity depends on your jurisdiction and the formula used for confession. Review the prayers and have the students practice being silent as they think about the times they did not follow the New Commandment. The poster from the Group activity in lesson 21 would be helpful for the students to review.]

**Craft:** "Please Forgive Me" Coupons

*Materials:* "Coupon" worksheet (1 per student), pens or thin markers, envelopes

[Have sample ready to show children.] *What Mystery is our way to receive God's healing and forgiveness? (Mystery of Repentance) We confess our sins and ask for forgiveness. Today we are going to think about some other people from whom we should ask forgiveness. Sometimes we are mean to someone and we even yell. We need to learn to ask that person to forgive us. Can anyone think of anything else? I am giving each one of you a sheet of forgiveness coupons. I want you to think about someone who needs to receive this coupon from you. Please complete the coupon, cut it out, and place it in an envelope addressed to that person. Don't forget to give at least one coupon to someone today. You may keep the other ones for another day if you can't think of three people.*

**Closing:**

*Let's pray the Prayer before Communion.* [Distribute the words for your jurisdiction.]

*Emmaus*

*Repent*

*Mystery of  
Repentance*

To feel sorry for what you have done.

A town near Jerusalem.

Our way to receive God's  
healing and forgiveness when  
we come to Him and  
confess our sins.

*Dear* \_\_\_\_\_

*Please forgive me for* \_\_\_\_\_

*Sincerely,*

*Dear* \_\_\_\_\_

*Please forgive me for* \_\_\_\_\_

*Sincerely,*

*Dear* \_\_\_\_\_

*Please forgive me for* \_\_\_\_\_

*Sincerely,*

### **Prayer before Communion**

I believe, Lord, and profess that You are the Christ, the Son of the Living God, come to this world to save sinners, of whom I am the greatest. I believe also that this is really Your spotless body and that this is really Your precious blood. Wherefore I pray to You: have mercy on me and pardon my offenses, the deliberate and the indeliberate, those committed in word and in deed, whether knowingly or inadvertently; and count me worthy to share without condemnation Your spotless mysteries, for the remission of sins and for eternal life. Amen.  
Church

Receive me now, O Son of God, as a participant in Your mystical supper: for I will not betray Your mystery to Your enemies, nor give You a kiss like Judas, but like the thief, I confess You: remember me, O Lord, in Your kingdom.

May the reception of Your holy mysteries, Lord, be for me not to judgment or condemnation, but to the healing of my soul and body. Amen.

Melkite  
Greek  
Catholic  
Church

## Prayer before Communion

I believe, O Lord, and confess that Thou art Christ, the Son of the Living God, who camest into the world to save sinners, of whom I am the greatest. I believe that what I receive is indeed Thy very own pure body and precious blood. Therefore I beseech Thee: have mercy on me and forgive my transgressions, voluntary and involuntary, which I have committed by word or by deed, knowingly and unknowingly; and make me worthy without condemnation to partake of Thy most pure mysteries, unto the remission of sins and unto life eternal. Amen.

O Son of God, receive me today as a partaker at Thy mystical banquet: for I will not tell Thy enemies Thy secrets, nor will I kiss Thee as did Judas, but like the thief do I confess to Thee: remember me, O Lord, in Thy kingdom.

Lord, I am not worthy that Thou shouldst enter under my roof; yet as Thou didst consent to lie in a stable, in a manger of beasts, and in the house of Simon the leper to receive even the wanton, a sinner like myself, who approached Thee: deign Thou to enter the manger of my unreasoning soul, and my wretched body, leprous and dead: and as Thou didst not abhor the lips of the wanton, who kissed Thy most pure feet: even so, O Lord, my God, do not shun me, the sinner; but as a gentle Lover of mankind, make me worthy to partake of Thy most precious Body and Blood.

Our God, weaken, cast off and forgive my sins, as many as I have committed, knowingly and unknowingly, whether by word or by deed. Forgive them all, kind Lover of man; and by the prayers of Thy most pure and ever-virgin Mother, make me worthy without condemnation to receive Thy blessed and most pure Body unto the healing of soul and body alike; for Thine is the kingdom and the power and the glory - of the Father and of the Son and of the Holy Spirit - now and always and forever and ever. Amen.

Let the partaking of Thy Holy Mysteries be for me not unto judgment or condemnation, O Lord, but unto the healing of soul and body together.

Romanian  
Greek  
Catholic  
Diocese of  
Canton

### **Prayer before Communion**

O Lord, I believe and profess that You are truly Christ, the Son of the living God, who came into the world to save sinners of whom I am the first.

Accept me today as a partaker of Your mystical supper, O Son of God; for I will not reveal Your mystery to Your enemies, nor will I give You a kiss as did Judas, but like the thief I profess You:

Remember me, O Lord, when You come in Your kingdom.  
Remember me, O Master, when You come in Your kingdom.  
Remember me, O Holy One, when You come in Your kingdom.

May the partaking of Your holy mysteries, O Lord, be not for my judgment or condemnation but for the healing of soul and body.

O Lord, I also believe and profess that this which I am about to receive is truly Your most precious body and Your life-giving blood, which, I pray, make me worthy to receive for the remission of all my sins and for life everlasting. Amen.

O God, be merciful to me, a sinner.  
O God, cleanse me of my sins and have mercy on me.  
O Lord, forgive me for I have sinned without number.

Ruthenian  
Byzantine  
Catholic  
Metropoli-  
tan  
Province

### **Prayer before Communion**

I believe and confess, O Lord, that You are truly Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first. Accept me this day, O Son of God, as a partaker of Your Mystical Supper. I will not speak of the mystery to Your enemies, nor give You a kiss as did Judas, but like the thief I confess to You:  
Remember me, O Lord, in Your kingdom.  
Remember me, O Master, in Your kingdom.  
Remember me, O Holy One, in Your kingdom.  
May partaking of Your holy Mysteries, O Lord, not cause my judgement or condemnation but rather the healing of soul and body.  
God, be merciful to me, a sinner.  
God, cleanse me of my sins and have mercy on me.  
I have sinned countless times: forgive me, O Lord.

Ukrainian  
Catholic  
Diocese of  
St. Josaphat

### **Prayer before Communion**

I believe, O Lord, and confess that You are truly the Christ, the Son of the living God, Who came into the world to save sinners, of whom I am first. Accept me this day, O Son of God, as a partaker of Your Mystical Supper. I will not tell the mystery to Your enemies, nor will I give You a kiss like that of Judas, but like the thief I confess to You:  
Remember me, O Lord, when You come into Your kingdom.  
Remember me, O Master, when You come into Your kingdom.  
Remember me, O Holy One, when You come into Your kingdom.  
May the partaking of Your holy Mysteries, O Lord, be not for my judgement or my condemnation but for the healing of my soul and body.  
God, be merciful to me, a sinner.  
God, cleanse me of my sins and have mercy on me.  
I have sinned without number: forgive me, O Lord.

Ukrainian  
Catholic  
Synod

# Unit 5 Review

I. Complete the following sentences:

1. The New Commandment is **love one another as I have** \_\_\_\_\_  
**loved you** \_\_\_\_\_.
2. When we turn away from God, we **sin** \_\_\_\_\_.
3. Jesus remains **faithful** \_\_\_\_\_ to the Father always.
4. Our Church gives us the Mystery of **Repentance** \_\_\_\_\_ as our way to receive God's healing grace and forgiveness when we come to Him and confess our sins.
5. On **Great and Holy Friday** \_\_\_\_\_ We recall the death of Jesus on the cross.
6. Our Church gives honor to the **cross** \_\_\_\_\_ as a sign of Christ's victory over sin and death.

II. Complete the following:

"... for the sake of Christ, **for when I am weak, then I am strong.**"  
(2 Corinthians 12:10)

What do you think the Scripture is saying to you?

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