

Sacrament of Repentance & Confession – Sunday 19th June

Aim To illustrate the importance of confession and having a repentant heart

Reference None

Activity

Water contamination

1. The servant holds up a clean glass of water to the class.
2. The servant then asks the children to name a good deed or a sin. For every sin the children name, a drop of mud (brown food colouring) is put in the glass of water.
3. Continue the exercise until the water is completely opaque.
4. Afterwards, prompt the children to speak about how we contaminate ourselves after we sin and explain to them that the only way to clean our “glass of water” is to have a repentant heart and confess.

Reflection

It is important that we know right from wrong and that we always strive to do right. However, due to our human nature we are inclined to sin as we are far from perfection. It is also important to know that God still loves us even with all of our faults because we are His children. He wants us to come back to him after we sin so that we can be His children again. It is not easy to do this, it will always be a struggle, but the reward is great. Repentance and confession is the key. Think of the heart as a clean white slate. When we commit a sin we contaminate ourselves and the slate goes a shade darker until eventually we need to clean it. This is only achieved through having a contrite heart.

Materials/Resources Needed

- Glass of water
- Brown food colouring
- Dropper