

THE PENITENTIAL ACT

The Beginning of Mass



Understand the Penitential Act and the Liturgy of the Word.
Reflect on our participation in them.

Living the New Covenant by living the New Commandment



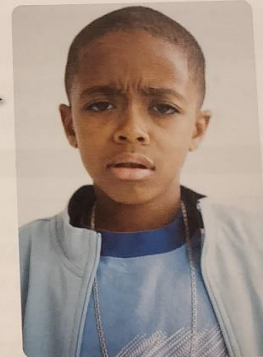
It is at Mass in particular that we get help to live the New Covenant and New Commandment.

At the beginning of Mass, we come together to meet Jesus. The priest greets us. His greeting, 'The Lord be with you', is asking Jesus to be present with us.

The Penitential Act

In order to prepare to celebrate the Mass, the priest invites us to acknowledge our sins.

What kind of sins?



We need to think about the New Commandment Jesus has given to us. Have we truly loved God, the members of our family, everyone at school and other people? Frequently we fail to do this, so at Mass, we have the opportunity to ask God to forgive us.

At the beginning of Mass:

- we think of the sins we have committed,
- we say sorry for them,
- we ask Jesus for forgiveness.



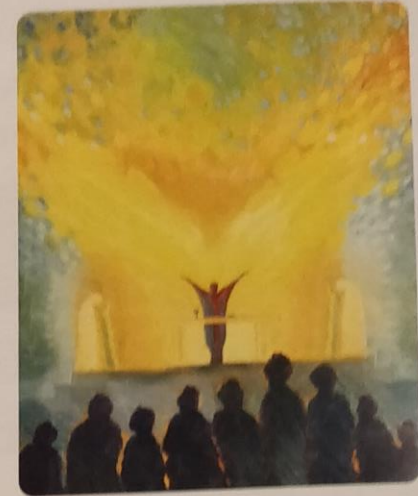
Task 1

Learn the words to the Penitential Act.

You might want to write it down yourself-make it colourful if you like! Or just learn it from reading and rehearsing it.

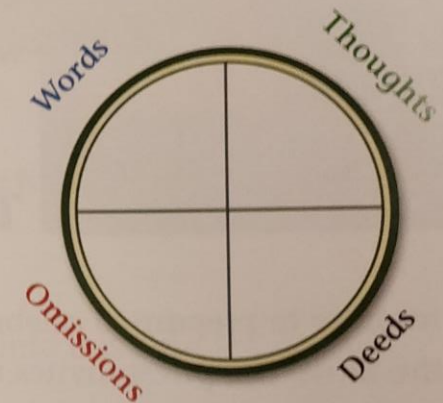


Together with all the people, we admit we have sinned and say we are sorry:
I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what
I have failed to do,
through my fault, through my fault
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

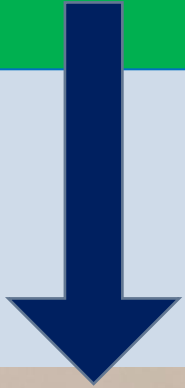


1. Learn the words of the 'I confess'.
When you think you know them, test each other.

2. Divide a large circle in four.
In each section, write an example to explain the following phrases.
I have sinned through my own fault,
 - in my thoughts,
 - in my words,
 - in what I have done,
 - in what I have failed to do.



Task 2 Understanding the Penitential Act.



2. Divide a large circle in four.

In each section, write an example to explain the following phrases.

I have sinned through my own fault,

- in my thoughts,
- in my words,
- in what I have done,
- in what I have failed to do.

