

Family Card

Get the Scoop on Making Amends:

This habit is about learning how to make a regular practice out of saying "sorry" to others and to God for our sins. For mercy to have maximum effect, the Church gives us the special Sacrament of Reconciliation, and we are encouraged to celebrate it with regularity.



HOLY HABITS CHALLENGE

MAKE AMENDS



CELEBRATE THE SACRAMENT OF RECONCILIATION/CONFESSION IN ADVENT OR LENT.



CELEBRATE THE SACRAMENT OF RECONCILIATION/CONFESSION MONTHLY.



PRAY A DAILY EXAMINATION OF CONSCIENCE.

How Parents Can Lead the Way:

- We often bring into our adulthood a variety of adolescent experiences and memories of practicing the faith, some of which were not very pleasant when we were children. This is frequently the case with going to Confession, or celebrating Reconciliation, to the point where we avoid going as adults even though we really need to. Parents have to first make the decision to engage the Sacrament on a new, adult level if it's been a long time since it was last celebrated. That can be scary, but the unwavering promises of God's total mercy are what help us confront the fears of confronting what is unpleasant in order to begin anew.

Making Amends As a Family:

- Go as a family together to church to celebrate the Sacrament, and stand in the confession line together.
- Review the day together during bedtime or night prayers making sure to thank God for what went well and to say "sorry" for what did not go well. Assure each other, before bed, of mutual love and forgiveness within the family over any wrongs that happened earlier in the day.



"EVERY ATHLETE EXERCISES
DISCIPLINE IN EVERY WAY"
1 COR 9:25



"I DRIVE MY BODY AND TRAIN IT"
1 COR 9:27



"RUN SO AS TO WIN"
1 COR 9:24