



24:7 SCHOOL MINISTRY

**RECONCILIATION  
WORKSHOP  
PARENT  
REFLECTION**

## **Dear Parents,**

Thank you for attending our Sacrament of Reconciliation Workshop. This was designed in such a way that together with your child, we could achieve the following outcomes;

1. Recognise the need for authentic apology, forgiveness and reconciliation within our families.
2. Be inspired by true stories where forgiveness and reconciliation have been experienced.
3. Appreciate how the process of human reconciliation can be founded on the Sacrament of Reconciliation.
4. Regular engagement with the Sacrament of Reconciliation will assist our family, our communities and the world to become more peaceful.

The following is a series of 6 reflections and prayer experiences that can help to consolidate all that was covered within the workshop experience. Work through these reconciliation at your own pace or perhaps discuss as a family periodically.

# FAMILY SORRY EPISODES

Remember how we looked at recent episodes where a member of our family had to say sorry for something. This can often be hard to acknowledge, but each of us will make mistakes that will require an authentic apology.

## **Reflection**

Take time each day to reflect on any situation where we could have treated a family member better or perhaps, we could have gone out of our way to make life easier for a family member. Examining our conscience and actions each day is a good practice for bettering our family life.

## **Action**

End each day by committing to apologise for any behaviour to a family member that we may have upset or been neglectful of in any way.

## **Scripture - Proverbs 28:13 (NIV):**

"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."



# SORRY EPISODES ELSEWHERE

During the workshop we recalled episodes where we witnessed those outside of our family saying sorry for something they may or may not have done. We all need inspiration to act in humble and contrite ways.

## **Reflection**

It is so important to be on the lookout for episodes around us that model good ways to apologise and to forgive. At the same time it is also prudent to notice when attempts at fixing relationships don't go so well so that we are able to learn from these experiences.

## **Action**

Just as it is important to seek out good modelling of saying sorry and seeking forgiveness, it is really important that our children witness good modelling from the significant people in their lives. Whenever an opportunity arises to model to our children how to say sorry or seek forgiveness in a good way - do so!

## **Scripture - James 5:16 (NIV):**

"Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."



# FORGIVENESS

An important part of the workshop was the telling of true stories where we heard of amazing people offering forgiveness, even in challenging circumstances. These acts remind us of the power of grace and healing in relationships.

## **Reflection**

It is vital to be mindful of instances where forgiveness is extended, understanding the courage and compassion it takes. Equally, observing situations where forgiveness is withheld helps us recognise the consequences of unresolved hurt.

## **Action**

Just as it's important to notice examples of forgiveness around us, it is equally crucial to practice and model forgiveness in our own lives. Let your actions inspire others, especially the younger ones in our communities, to embrace forgiveness as a path to peace and reconciliation.

## **Scripture - Colossians 3:13 (NIV):**

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."



# RECONCILING RELATIONSHIPS

During the workshop you and your child brainstormed what was involved in reconciling with others. We then looked at the suggested steps necessary to bring about reconciliation when fractured relationships need mending. This process can only be effective through deliberate efforts, but taking into account each of the 8 steps outlined.

## **Reflection**

Consider how often you employ the following steps when you need to repair a fractured relationship;

1. Think about what happened
2. Take responsibility for what I did or did not do that hurt someone
3. Apologise for what I did or did not do
4. Apologise for the impact of what I did
5. Negotiate how to make up for what occurred
6. Ask for forgiveness
7. Forgiveness is granted
8. Physical connection

## **Action**

As we engage in relationships, let us actively take steps toward reconciliation when conflicts arise. Practice each of the steps in order to become familiar with the process. In doing so, we set an example of faith and love for others to follow.

## **Scripture - 2 Corinthians 5:18-19 (NIV):**

"All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation."

# THE SACRAMENT OF RECONCILIATION

A critical part of the workshop explored how important reconciliation with God is for inspiring us to reconcile and with each other, as this brings healing and peace to our hearts and communities. The Sacrament of Reconciliation reminds us that renewal is possible, both spiritually and relationally.

## **Reflection**

The Sacrament of Reconciliation guides us through key steps: examination of conscience, confession, contrition, forgiveness, penance, absolution, and renunciation (turning away from wrongdoing). These steps mirror what is needed to mend relationships—acknowledging our faults, expressing genuine remorse, taking responsibility by apologising and making amends, extending forgiveness, and committing to change.

## **Action**

In our daily lives, let us draw from the wisdom of this sacrament. Practice self-reflection to understand how we've hurt others, offer sincere apologies, and accept responsibility for our actions. Be open to extending forgiveness and seeking ways to repair trust. By following these steps, we can foster deeper, more loving connections.

## **Scripture - Luke 15:21-24 (NIV):**

"The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.' But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let's have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate."



# PEOPLE OF RECONCILIATION

At the conclusion of our workshop we were inspired to be individuals who bring peace and healing to the world by consistently attending the Sacrament of Reconciliation. In this way our lives can become living examples of reconciliation, inspiring others to do the same.

## **Reflection**

Establish a habit of attending the Sacrament of Reconciliation on a monthly basis so that we can grow in humility, grace, and understanding. Regular participation in the Sacrament fosters a deeper awareness of our need for forgiveness and reconciliation, both with God and with one another. This sacramental rhythm nurtures our hearts to become vessels of peace in the world.

## **Action**

Let us commit to making the Sacrament of Reconciliation a regular part of our family life. By doing so, we not only grow spiritually but also inspire others to embrace reconciliation as a way of life. Through our commitment, we can make a profound difference in our families, communities, and the broader world.

## **Scripture - 2 Corinthians 5:20 (NIV):**

"We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God."





# ADDITIONAL WORKSHOP RESOURCE

## **Broken Spear Sacred Rocks**

A book specifically written by Mario to encourage and inspire parents and teachers of children preparing for the Sacrament of Reconciliation.

Broken Spear Sacred Rocks either purchase from Mario at the Workshop (\$15) or via Amazon (\$16.50)

**[Purchase on Amazon Here](#)**

