

RAISING FAITH-FILLED KIDS

a parent page



The Meeting of Esau and Jacob,
James Tissot

Focus on Faith

Healing Family Relationships

The story of Jacob's stealing his father's blessing is well known. Jacob disguised himself as his brother Esau and received the blessing from his nearly blind father, Isaac. Jacob then had to leave his family to escape his brother's anger. The story of Jacob's reconciliation with Esau is not so well known. When Jacob was returning to his old home with his family, he heard that Esau was coming with 400 men. Jacob feared the worst, but when Esau arrived, he ran to Jacob, embraced him, and kissed him. Jacob made restitution for the inheritance he had tricked Esau out of, and the break was healed. Family hurts are some of the most severe we can experience. As parents we can create an environment in which our children can learn to forgive and be reconciled with one another.

Our Catholic Heritage

The *Catechism of the Catholic Church* tells us that the Sacrament of Penance is known by many names. It is called the sacrament of conversion because Jesus' call to conversion is the first step in returning to God. It is



called the sacrament of confession because disclosure of sins to a priest is an essential part of the sacrament. It is called the sacrament of forgiveness because through the priest's absolution we receive pardon and peace. Finally, it is called the sacrament of reconciliation because through it, we are reconciled with God.

Dinnertime Conversation Starter

Families have habits just as individuals do. Has your family formed a habit of forgiveness? Discuss with them the freedom and joy that are the result of forgiving.

Spirituality in Action

Compliment your child when he or she acts as a peacemaker with other members of your family. Help him or her to say, "I'm sorry." Set an example if you do something wrong. Show by your example that you are a forgiving person.



Focus on Prayer

Your child has reflected on the words of the Act of Contrition. Pray this prayer with your child and talk about what it means. You can find this prayer at www.FindingGod.org. Encourage your child to pray for forgiveness for the sins he or she has committed and to seek reconciliation through the Sacrament of Penance.



www.findinggod.com