

MOTIVATIONAL TECHNIQUES - PENANCE

o PENANCE - THE SACRAMENT OF PEACE

This is an excellent 16mm film owned by Relig. It depicts a man's struggle with his own responsibility and guilt in a traffic accident. This forms the basis for a dramatic interpretation of the key elements of Penance: acceptance of guilt, sorrow and forgiveness.

o FORGIVENESS GAME

Write these sentences on index cards (one to a card) until you have enough for every student but one:
Turn around and DO something that shows that you forgive.
Turn around and SAY something to show that you forgive.
Turn around and DO something that shows you DO NOT forgive.
Turn around and SAY something that shows you DO NOT forgive.

Ask for a volunteer to be the person with whom everyone in the class is angry. The others are to think of this person as someone who hurt their feelings by not inviting them to a party. They will sit in a circle around the party giver, their backs towards him or her. Let each person pick a card. Players should not show their cards to one another. The party giver will call out a name. That person will do whatever the card indicates.

After everyone has been called, invite the party giver to join the circle. Encourage students to discuss the difficulties of forgiving people who hurt our feelings and the different responses they gave to the party giver.

Did any of those with cards indicating forgiveness find it difficult to express?

Did any of those with cards indicating unforgiveness feel tempted to forgive anyway?

How did the party giver feel?

Would the class be able to make a list of the kinds of things people generally do when they are unforgiving? Forgiving?

What are the qualities of true forgiveness?

How does this relate to the Sacrament of Penance? (The need to renew our friendship with God and all of the members of the community through reconciliation and saying we are sorry.)

o PENANCE SERVICE

Have a short penance service, perhaps at the end of class, using a candle and the format on the supplementary page. Begin with a record; i.e., "Hear O Lord" or "Keep Your Head to the Sky" by Earth, Wind & Fire (see Rocco Fazio). You can then end the service with a song such as "All Good Gifts" from Godspell.