

Name _____

Date _____

Sign of Peace

The Sign of Peace that we exchange at Mass is a gesture that goes back to the early days of the Church, when it was traditionally a kiss—a form of greeting at the time. During the Sign of Peace, we turn to one another to share the peace for which we have just prayed in the Lord’s Prayer. Peace is a primary characteristic of the Kingdom of God. After the Resurrection Jesus greeted the apostles with the words “Peace be with you.” With these words Jesus forgave the apostles for abandoning him at the time of his Crucifixion.

When we turn to one another to share the Sign of Peace, it is much more than a casual greeting. We are reconciling with our brothers and sisters, offering them the peace of Jesus—a peace that forgives.

Forgiveness in My Life

Forgiving someone is not always an easy thing to do. We often need help learning how to forgive. Think about a time when you were forgiven. Remember the sense of peace that you felt. Consider how you might be able to give that same kind of peace to someone else. Then answer the following questions.

1. Write about a time when someone forgave you.

2. How did you feel when you were forgiven?

3. Think about someone you need to forgive. Write a personal prayer to Jesus to ask for the courage to forgive.

