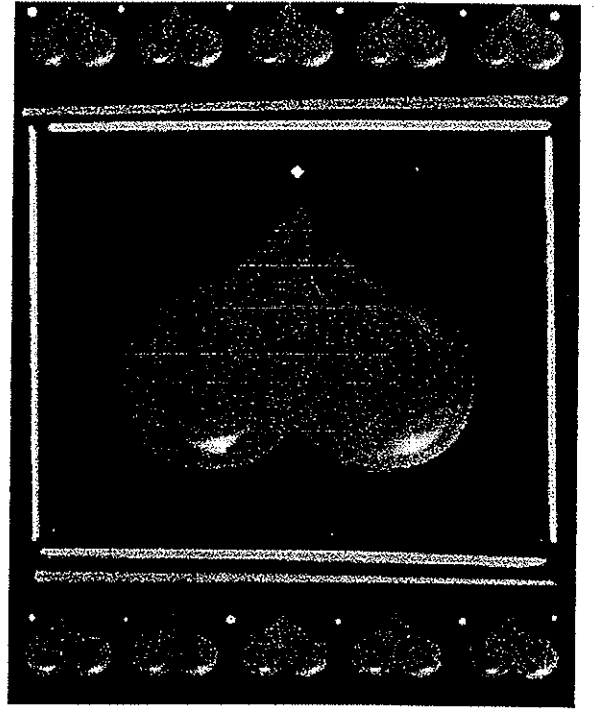


Follow the instructions  
on the page for this  
"broken heart" craft.



Follow the instructions  
on the page for this  
"broken heart" craft.

# Healing a Broken Heart

Do you know the most healing words in the English language? They are *I'm sorry* and *I forgive you*. In the sacrament of Penance, we say *I'm sorry* to God and God says *I forgive you* to us. That's called *reconciliation*. Some people call this sacrament the sacrament of Reconciliation.

How do you heal a broken heart? First, cut out the heart pieces and the arrow. On one half of the heart, write the words, *I'm sorry*. On the other half, write, *I forgive you*. Now fit the heart together and paste it onto construction paper. Then paste the arrow over the "break" in the heart. Hang the mended heart where you can see it often. It will help you remember that the way to mend a broken heart is with these healing words—I'M SORRY and I FORGIVE YOU.

