

Year 2 – Session #2
Family Faith Formation
SACRAMENT OF RECONCILIATION

Resource for Adults:

- **C4: Ignite Your Catholic Faith – Why Tell Sins to a Priest?**
<http://www.archmil.org/c4video/C4-35.htm>
- **Sacraments 101: Penance (Why We Confess)**
<https://www.youtube.com/watch?v=Wz5-vu6A58E>
- **C4: Ignite your Faith – Who Determines Right from Wrong?**
<http://www.archmil.org/c4video.htm>
- **C4: Ignite Your Faith – What is Sin?** <http://www.archmil.org/c4video.htm>
- **“How to Make a Good Confession?”** found at
<https://www.osv.com/shop/product?ref=article&productcode=P1359> (\$15.95 for pkg. of 50)

Objectives for Adults:

- Deepen understanding of sin, conversion, and the reason we confess our sins.
- Learn how to make an examination of conscience.
- Review the steps to the sacrament of reconciliation.

Objectives for Children:

- Understand sin.
- Learn how to make an examination of conscience.
- Know the steps to the sacrament of reconciliation.

Objectives for Family:

- Practice for the sacrament of reconciliation by role playing. Make the sacrament of reconciliation a regular part of their family’s spiritual life.
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Welcome / Introduce Theme: (5 min.) Families begin together

Today, we will explore God’s forgiveness of our sins through the sacrament of reconciliation. We will talk about how to make an examination of conscience and practice how to receive the sacrament of reconciliation.

Opening Prayer (10 min.)

Sign of the Cross

Jesus taught us about being sorry. Let's listen to the Bible story to discover what Zacchaeus did to show he was sorry.

Scripture Reading: The Story of Zacchaeus - Luke 19: 1-10 (read from a children's Bible)

Parent Sharing

Parents and children talk about the Gospel story by answering the following questions:

"What did Zacchaeus do to show he was sorry he hurt people?"

"What can we do to show we are sorry when we hurt someone?"

Glory Be ...

*Children are dismissed to their session. (See children's lesson)

Parents/Adult Presentation (30-40 min.)

Sin and Conversion

God created heaven and earth and all of humanity, entering into a relationship with us from the very beginning. God promised to take care of us, and in return, we were to love God and love one another, and take care of each other and the earth.

But people messed things up; we sinned and we turned away from God. We thought we could take care of ourselves, that somehow we did not need God. As a result, the life of bliss that was created for us was damaged. Sin entered the world. The only way to save the world was for God to intervene. Only God could fix this mess.

God wanted so desperately to show the world how much he loved us (and he still loves us) that he sent us part of himself; He sent us his Son, Jesus to save us from sin. The essence of Christianity is salvation in Jesus Christ, who saves us from sin and death. There is nothing that can keep us from God's love.

God invites us to look at the areas of our lives where we have turned away from him, where we have turned away from our loved ones, where we have not cared for God's creation, where we have been lacking in love.

Jesus invites us to turn away from destructive behaviors, and he gives us the strength (grace) to work toward that goal. It is Jesus' forgiveness that we embrace at baptism when we die and rise again in new life in him. Baptism, however, is not the end of our conversion experience but it is merely the beginning of ongoing conversion in Jesus Christ. When we sin, which we

unfortunately continue to do, even after baptism, we are invited to renew our baptism through the sacrament of penance and reconciliation, and to experience anew God's love and mercy.

What is Sin?

Let's take a closer look at sin and how it affects us every day. We know people do bad things, sometimes. How do we know if those "bad things" are actually sins? (Based upon the Catechism of the Catholic Church #1846)

Watch **C4: Ignite Your Faith – What is Sin?**

<https://www.youtube.com/watch?v=3HtwGH4skO4> (3 mins.)

In a small group share:

What caught your attention? Was there something helpful in what you just heard?

Why Do I Need to Confess My Sins to A Priest?

Let's listen to ... (Use just one of the DVDs)...

Father Dwyer's explanation of: Why we confess our sins to a priest? Can't we just pray to God for forgiveness? If I sin but no one is affected then can I say, "No harm, no foul?"

Sacraments 101: Penance (Why We Confess)

<https://www.youtube.com/watch?v=Wz5-vu6A58E> (5 mins.) or

Bishop Don Hying explains, "Why, if people can talk straight to God, should they tell their sins to priests?" Bishop Hying also shares that the sacrament of reconciliation is one of his favorites because it's good for the soul. (Based upon the Catechism of the Catholic Church #1422)

C4: Ignite Your Catholic Faith – Why Tell Sins to a Priest?

<http://www.archmil.org/c4video/C4-35.htm>

After DVD (if there is time) reflect on the following question in a small group:

What caught your attention? Was there something helpful in what you just heard?

How to Make a Good Confession

Distribute the pamphlet 'How to Make a Good Confession' by Our Sunday Visitor

Give a brief explanation of the elements of the sacrament and how to go to confession.

The Sacrament of Reconciliation includes the following elements:

- **Contrition** – We identify our sins through an examination of conscience, express sincere sorrow for sins, and commit ourselves to not repeat the sin.
- **Confession** – We name the sins aloud to the priest.
- **Penance** – We strive to repair the damage our sins have caused by performing works of penance.
- **Absolution** – We are set free (loosened) from our sins by the priest through the words of absolution.

The Liturgy of Reconciliation: Greeting, Reading, Confession, Penance, Act of Contrition, Absolution, Proclamation of praise, Dismissal.

Children's Presentation (30-40 min.)

The children will move through two stations, each about 15 minutes long.

1. **Movie** (15-20 minutes) Choose one and discuss
Brother Francis Forgiven: How to Make a Good Confession
found at <http://brotherfrancisonline.com/video-episodes/> for \$12.99

Kids & the Sacraments: Reconciliation DVD found at <http://www.loyolapress.com/kids-and-the-sacraments-dvd-reconciliation.htm> for \$19.95

Sacraments DVD : We Forgive (12 mins.) Franciscan Communications at St. Anthony Messenger Press.

2. **Going to Confession**

- Explain to the children the four parts of the sacrament of reconciliation: contrition, confession, penance, absolution
- Practice the Liturgy of Reconciliation: greeting, reading, confession, penance, Act of Contrition, absolution, proclamation of praise, dismissal.

If there is time, make a Treasure of Reconciliation craft – paper treasure chests with “jewels” inside with treasures written on them – instructions found <http://www.catholicicing.com/reconciliation-craft-for-catholic-kids/>

Sharing and Action Plan – Children and Parents together (30 min.)

Have the parents decide with their children how they will make receiving the sacrament of reconciliation an important part of their spiritual life.

Closing Prayer and Ritual (10-15min.)

Consider taking parents and children to church for the closing prayer and give them the opportunity to become familiar with the place where they will celebrate the sacrament of penance and reconciliation.

Make the Sign of the Cross.

Leader: I invite all of you to join me in prayer. First, I'll say something to God for all of us. Then, you say, "God forgives us, guaranteed."

Leader: Loving God, you love us so much that, no matter how far we wander away from you by doing bad things, you forgive us.

All: God forgives us, guaranteed.

Leader: Loving God, when you forgive us, we feel loved by you.

All: God forgives us, guaranteed.

Leader: Loving God, when you forgive us, we feel more peaceful and loving.

All: God forgives us, guaranteed.

Leader: Loving God, because you forgive us so freely, we try to forgive those who hurt us, too.

All: God forgives us, guaranteed.

Leader: Loving God, you forgive us in the sacrament of reconciliation.

All: God forgives us, guaranteed.

Invite everyone to hold hands to make one unbroken chain and recite the Our Father.

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