

# PARISH-BASED SACRAMENTAL PREPARATION FOR CONFIRMATION

## HAND-OUT FOR PARENT SESSION C:

### The Sacrament of Confession



#### OPENING PRAYER

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

V. Send forth your Spirit, and they shall be created.

R. And You shall renew the face of the earth.

Let us pray: O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations.

Through Christ Our Lord. Amen.

#### FIVE KEY POINTS

- The Sacraments show us God's love present in our lives at pivotal moments, especially in moments of great suffering.
- Through the sacraments, the Church continues Jesus' work of healing and salvation. In particular, this is the purpose of the two sacraments of healing: the sacrament of Penance/ Reconciliation or Confession and the sacrament of Anointing of the Sick.
- Through the Sacrament of Reconciliation or Confession:
  - a) Our sins are forgiven, and if we were separated from God, we are reunited with Him;
  - b) God helps us to do better.
- Sin is knowing what God wants and deciding not to do it. Sin offends God, hurts the one who commits the sin, and also hurts others.
- God will forgive our sins if we are truly sorry for them and mean not to do them again.

#### DISCUSSION QUESTIONS

- How has the church been present at important moments of your life?
- How does faith "grow" or develop in each person in the various experiences of our lives?
- What sort of healing and peace can come through the Church and the sacraments?
- How is forgiveness an important part of a healthy relationship?
- How do we help our children ask for forgiveness and grow in their spiritual lives?

# Homework

## HOMEWORK

CHOSEN, student workbook:

Hmwk: Lesson 11 – How does God help when it hurts? (Anointing of the Sick & Redemptive Suffering) Skip p. 97

- Mass Journal Part 1 & Service Project Part 1

**NEXT CLASS:** Parents Invited to Attend Student Session 6 **DATE & TIME** \_\_\_\_\_

- Introduce Saint Project & Collect Apostolic Service Project & Mass Journal

## HOME ACTIVITY

TODAY IN CLASS: Student Session 5: CHOSEN Lesson 10 – Why tell my sins to a priest? (The Healing Power of Confession)

## CONVERSATION STARTERS

- Being part of a family involves both benefits and responsibilities. What are some of the benefits and responsibilities we have as part of God's family?
- Do you feel comfortable going to Confession, why or why not?
- What are some ways God can bring good out of suffering?

## INVITATION TO PERSONAL PRAYER

*Adoration: Think about God, my physician or healer, who always forgives me.*

*Contrition: Ask forgiveness for not following God's plan in my life*

*Thanksgiving: Thank God for the gift of forgiveness in my life.*

*Supplication: Ask for healing in my life.*



## CLOSING PRAYER

Almighty and eternal God,  
who has given us new life through water and the Holy Spirit,  
send forth from heaven and shower upon us  
the gifts of the Holy Spirit:  
wisdom, understanding, counsel, fortitude, knowledge,  
piety, and fear of the Lord.  
Amen.



## **EXIT CARD**

Your feedback is important so that sessions are meaningful and responsive. Exit cards are reviewed after each session and taken into consideration when planning the next session.

In what ways did this session help you in your faith and your role as a parent supporting your child's faith journey?

For next time, what would you like to see included in the session to address your questions of faith and help you in your child's faith journey preparing to receive the Sacraments?

Are there other things we need to know to assist you, your child and family?