



Parish-Based Sacramental Preparation Program

CONFIRMATION

PARENT SESSION C

The Sacrament of Confession

SESSION OUTLINE

Parish-Based Sacramental Preparation

PARENT SESSION for Confirmation Sacramental Preparation

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.

OVERVIEW OF CONFIRMATION – SESSIONS FOR PARENTS

- To assist the children in their spiritual growth;
- To encourage faith discussions at home; and
- To encourage adults within the faith community to engage in discussions about their faith.

WELCOME

Tell us about a moment in your life where you saw the value of forgiveness.

CATECHESIS

Outline the 5 key points which will be covered in the DVD:

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.

Notes for the Catechist:

These are not points to be taught as such, they are resources for the catechist to deepen his own understanding of the truths of faith in order to be able to better communicate them.

1421 The Lord Jesus Christ, physician of our souls and bodies, who forgave the sins of the paralytic and restored him to bodily health, has willed that his Church continue, in the power of the Holy Spirit, his work of healing and salvation, even among her own members. This is the purpose of the two sacraments of healing: the sacrament of Penance and the sacrament of Anointing of the Sick.

1422 "Those who approach the sacrament of Penance obtain pardon from God's mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion."⁴

1440 Sin is before all else an offense against God, a rupture of communion with him. At the same time it damages communion with the Church. For this reason conversion entails both God's forgiveness and reconciliation with the Church, which are expressed and accomplished liturgically by the sacrament of Penance and Reconciliation.³⁸

1441 Only God forgives sins.³⁹ Since he is the Son of God, Jesus says of himself, "The Son of man has authority on earth to forgive sins" and exercises this divine power: "Your sins are forgiven."⁴⁰ Further, by virtue of his divine authority he gives this power to men to exercise in his name.⁴¹

1485 "On the evening of that day, the first day of the week," Jesus showed himself to his apostles. "He breathed on them, and said to them: 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained'" (⇒ Jn 20:19, (⇒ 22-23).

1496 The spiritual effects of the sacrament of Penance are:

- reconciliation with God by which the penitent recovers grace;
- reconciliation with the Church;
- remission of the eternal punishment incurred by mortal sins;
- remission, at least in part, of temporal punishments resulting from sin;
- peace and serenity of conscience, and spiritual consolation;
- an increase of spiritual strength for the Christian battle.

Play SYMBOLON Part 2: Episode 1: The Sacraments Part 1 (Some Versions may use different Episode Numbers – use the Matching Topics)

OR (to focus more on the going to Confession - **WATCH How to Make a Good Confession by Fr. Mike Schmitz (7 mins) online at**

<http://ascensionpresents.com/video/making-a-good-confession/>

Review the 5 points from the DVD outlined above. The points are now represented in picture format to reinforce them visually.

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FAITH WITNESS

Share a brief story from your own faith life which reflects one of the five key points.

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?

HOME ACTIVITY

NEXT CLASS: Parents Invited to Attend Student Session 6

- Collect Apostolic Service Project & Mass Journal

HOMEWORK

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

- Saint Project & Mass Journal Part 2 & Service Project Part 2

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.*

PARENT DISCUSSION

Provide parents with time in groups to review the homework. Ask them to discuss these questions together as they look over the topics for home activity.

- How do you plan to approach the home activities with your child? Are you clear on the home activity which will be reviewed at the child's next session of sacramental preparation?
- Which home activity topics do you anticipate will be easily understood by your child?
- Which home activity topics do you think may pose a challenge for your child? How will you talk about these topics with your child?

EXIT CARD

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

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.