

Lesson 10: Why tell my sins to a priest? (The Healing Power of Confession)

Opening Reflection

(Please read this over with your child to begin to think about what they are going to be learning today)
If you do not think about your "problem areas," spiritual and personal growth are simply impossible. An examination of conscience is when you think about your life - your attitudes and actions - to determine whether you have sinned and how you need to change and grow. One way to do this is to think about each of the Ten Commandments and consider how you have (or have not) lived up to God's Law.

Opening Prayer

Let us pray the prayer asking for forgiveness that we say at Mass every week. In the name of the Father, the Son and the Holy Spirit. Amen.

"I confess to Almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask Blessed Mary ever-Virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God. Amen."

In the name of the Father, the Son and the Holy Spirit. Amen.

Dive in Story

Read the story on page 86 together, and then talk about what you read.

Talk points:

- Who is the story about and what was his nickname?
 - William Portillo, Maniac
- When was he given a copy of the New Testament?
 - While in solitary
- What happens when we are forgiven by God?
 - We are given the opportunity to be totally and completely remade. It is important to go to confession regularly so that we can have the healing power of God to be able to have this transformation experience.

**the story is trying to help us realize that by repenting for our sins and turning away from them we are able to have the freedom and forgiveness to be able to be transformed and be fully alive and be the best person that we can be.

Video: Segment 1

Play video the following video.

https://www.youtube.com/watch?v=77pV9EhVNow&list=PLk0YT1aRGkW15-5e_C6ZCKMyA8Z-aQrQ&index=13

Talking points after the video:

1. Do you think God intends for his rules to oppress us or to give us a freer, fuller life? How so?
2. Name the Ten Commandments and what each one means to you?

Answer Key for Segment 1:

1. C. his cousins
2. Commandments

10 Commandments:

- I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
- You shall not take the name of the Lord your God in vain.
- Remember to keep holy the Sabbath day.
- Honor your father and your mother.
- You shall not kill.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet your neighbor's wife.
- You shall not covet your neighbor's goods.

Video: Segment 2

Play video the following video.

https://www.youtube.com/watch?v=KuqsoK4aI6M&list=PLk0YT1aRGkW15-5e_C6ZCKMyA8Z-aQrQ&index=14

Talking points after the video:

1. Father Schmitz says no sins are private. What do you think he means?
2. What does the following passage teach us about Confession?
Jesus said to them again: "May peace be with you! The Father has sent me. So now I am sending you." He then breathed on them. He said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven. If you do not forgive them, they are not forgiven."

- John 20:21-23

Answer Key for Segment 1:

1. D. A, B, and C
2. False: All sin affects our relationships with others and with the whole Church.

Video: Segment 3

Play video the following video.

https://www.youtube.com/watch?v=C4hGM3ItKk&list=PLk0YT1aRGkW15-5e_C6ZCKMyA8Z-aQrQ&index=12

Talking points after the video:

1. How do you feel going into Confession? How do you feel leaving?
2. What are some reasons God gives us the Sacrament of Reconciliation, instead of having us say "sorry" in a purely private way?
3. How can we get ready to go to Confession especially if we have not gone in a while?

Answer Key for Segment 1:

1. D. seal
2. True
3. A. number

To the Heart with Father Mike Schmitz

Read the story on page 88 together, and then talk about what you read.

Talk points:

- What advice would you give a friend who said he was too embarrassed to let the priest at his church hear his confession about a particular sin?
- Find It!
 - What are the two Sacraments of Healing? (Penance and Anointing of the Sick)

Hero of the Week

Read the Saint story on page 90 together, and then talk about what you read.

Talk points:

Below is an examination of conscience that you can have your child go thru using the 10 commandments.

An Examination of Conscience for Children Using the 10 Commandments

1. I am the Lord your God. You shall not have strange gods before me.

Have I wanted more things, making things or money more important than God?

Have I made an idol of sports or entertainment figures?

2. You shall not take the name of the Lord your God in vain.

Do I use God's name carelessly?

Do I use God's name in anger?

3. Remember to keep holy the Lord's Day.

Did I attend Mass on Sunday?

Did my behavior make it difficult or impossible for my parents to get to church on time? Have I remembered to pray daily?

4. Honor your father and your mother.

Do I obey my parents?

Have I done my chores without complaining?

Do I do my chores without being reminded?

Have I been disrespectful to teachers, coaches or others in authority?

5. You shall not kill.

Do I keep my patience, or do I lose my temper?

Do I hold grudges and try to get even with others?

Have I been unfair to others, especially those who are different than I am?

6. You shall not commit adultery.

Do I show respect for my body?

Do I respect the bodies of others?

Do I avoid harmful things like drugs, tobacco and alcohol?

7. You shall not steal.

Have I taken something that belongs to someone else? Have I "forgotten" to return something that I borrowed?

Have I used money responsibly?

8. You shall not bear false witness against your neighbor.

Do I play fairly or do I ever cheat at school or games? Have I been honest, or have I lied?

Have I hurt someone by what I have said or done? Have I copied someone else's homework?

9. You shall not covet your neighbor's wife.

Have I been jealous of the friends that someone else has?

Have I tried to be kind to others?

10. You shall not covet your neighbor's goods.

Have I been jealous of the things that my friends have?

Have I nagged my parents into buying things because my friends have them? Have I helped others when they needed help?

Challenge of the Week

- Ask the confirmation student to read the challenges on page 91 and choose one of the three to complete this week. Remind them to write about their experiences in the space provided.
- Read over the “Wrap-up” and the “What’s the Word” sections of the workbook to review all the major words that have been mentioned throughout the lesson.

Closing Prayer

In the name of the Father, and the Son, and the Holy Spirit. Amen.

Lord Jesus, you are waiting to forgive us in the Sacrament of Reconciliation. Help us to get to Confession regularly, to stay positive, and to never give up on ourselves, no matter how many times we fail. Thank you for refreshing and strengthening us to live out our purpose with joy and enthusiasm. Amen.

In the name of the Father, and the Son, and the Holy Spirit. Amen.