

Lesson 15 – Forgiveness and Healing

Grade 5 – Chapter 15

KEY CONCEPT

The Church receives God's forgiveness through the Sacrament of Healing. The Sacrament of Penance and Reconciliation includes contrition, confession, penance, and absolution.

QUICK SESSION OVERVIEW

STEP 1 - WELCOME

STEP 2 - INVITE

STEP 3 - DISCOVER

STEP 4 - LIVE

STEP 5 - CLOSING

HELPFUL HINT OF THE DAY

Always Address the “so what?” Question

- The tradition, doctrines, scripture and heritage we possess sit in a vacuum if they are not connected with real life experiences
- There is always a “why” behind each teaching of the Faith
- These are the most important things to explain to our youth because that is when true learning happens. They are able to connect it with a reason instead of just being told what to do
- Don't pass up opportunities to address these questions. If left unanswered, the lesson will be forgotten by the kids by the time they get into the car to go home!
- If you don't the “why” behind a teaching, just ask! None of us are perfect to have each answer but that's why we are called to community with those around to help each of us learn more.

STEP 1 - WELCOME

TIP

Community Activity

STEP 2 - INVITE

Let Us Pray

TIP

- **Use Memorare and prayer from book**

What Do You Wonder?

- **Discuss these questions and share answers**

Chapter Poem:

- **Use this poem after the opening prayer, before talking about the loving and forgiving nature of God.**
- **Ask: Have you ever been so angry that you had a hard time forgiving someone? Talk about ways to reconcile with others.**
- **After connecting our forgiveness with God's forgiveness, transition back to the lesson instruction.**

Breaking Free

**Holding onto anger,
gripping it tightly,
the offense is burning and churning
over and over, inside my head.
I'm on fire and losing control!**

**The voice of Spirit
whispers to my heart,
"Let it go."**

**I slowly open my hands,
releasing my problem to God,
and my mind clears.**

**I break free from the burden!
The heat is slipping away,
and I welcome the cool,
refreshing feeling of peace.**

STEP 3 – DISCOVER

TIP

Reconciliation and Forgiveness

- **Read and discuss about this beautiful sacrament**
- **Read the scripture passage on the Lost Son**
- **Use the “Steps of Reconciliation” to talk about the practicality of going to Reconciliation**
 - **The “Examination of Conscience” from last week is attached as well to review again (used again during the “Live” section)**

Share Your Faith

- **Use this section to discuss about practical situations**

A Healing Sacrament

- **Read and discuss about the Anointing of the Sick and Saint Damien**
- **Move into talking further about compassion for those who are sick**

Connect Your Faith

- **Use this to talk about practical examples from our lives**

Activity Master 15: Use the Vocabulary (can do in groups)

Reconciliation Wordsearch

- **Reconciliation is offered every Saturday morning @ 9:30am at Saint Albert the Great**

STEP 4 – LIVE

TIP

Our Catholic Life

- **Discuss further about the Examination of Conscience**

People of Faith

- **Discuss about Saint John Vianney**

Live Your Faith

- **Use Act of Contrition and break it down to understand what it is trying to say**

STEP 5 – CLOSING

TIP

Close in prayer together

- **Encourage them to utilize the Memorare and Glory Be**

Take Homes:

- **Family and Faith sheet**
- **Chapter review**

Steps of Reconciliation

1. Examination of Conscience

We examine our conscience to find out how we have loved God and others, and how we have failed to love God and others. We do this:

- On our own in personal prayer
- At Liturgy, during the penitential rite (Lord, Have Mercy)
- At prayer services prior to reconciliation

We admit our own responsibility in our failings so we can ask for forgiveness and make better choices in the future.

2. We Approach the Priest:

The priest will say, "In the Name of the Father, and of the Son, and of the Holy Spirit. Amen."

We make the sign of the cross while he says this

3. We Begin:

We say, "**Bless me, Father, for I have sinned.**"

Then say, "**It has been _____ since my last confession**"

*****"This is my first confession"*****

4. We Continue:

"These are my sins: _____"

We tell the priest those we remember from our Examination of Conscience, or others that we need to tell.

5. After telling the priest our sins, we say:

"I am sorry for these and for all of my sins."

The priest will say a few words to us. We listen to him.

6. The priest will give us a penance (usually a prayer a kind deed to do for someone else)

We should nod and say, "**Yes, Father.**"

7. The priest will then ask you to say an Act of Contrition: (a card with the prayer will be present)

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

8. Then the priest will give you the Lord's forgiveness, which is called absolution.

The priest says a prayer laying his hands gently on or just over our head:

“God the Father of mercies, through the death and resurrection of His son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit.”

We make the sign of the cross and say, “Amen.”

9. The priest will dismiss you when you are done by either giving you a handshake or a sign of peace

We say, “Thank you, Father.”

Then you leave and head to a seat in the church.

10. **We do the penance the priest assigned**, and thank God for His mercy and the strength we have received in the Sacrament of Reconciliation

Examination of Conscience for Children – Based on Ten Commandments

- 1. I am the Lord your God. You shall not have strange gods before me.**
 - Do I give time every day to God in prayer?
 - Do I put my trust in superstitions, good luck charms, rather than God alone?
 - Have I rejected any Church teaching or denied that I was a Catholic?

- 2. You shall not take the name of the Lord your God in vain.**
 - Have I used the words “God” or “Jesus” in anger or irreverently?
 - Have I used foul or ugly language? Have I wished evil on another?

- 3. Remember to keep holy the Lord’s day.**
 - Have I missed Mass on Sunday or any holy day of obligation?
 - Do I arrive at church late or leave early?
 - Do I try to be reverent and pay attention during Mass?
 - Do I avoid unnecessary work on Sunday?
 - Do I make Sunday a day of prayer or rest?

- 4. Honor your father and your mother.**
 - Do I respect and obey my parents?
 - Have I dishonored or mistreated them by word or deed?
 - Am I willing to help around the house or must I be nagged a hundred times?
 - Do I try to get along with my brothers and sisters?
 - Am I a tattletale or bully?
 - Do I give a good example, especially to younger siblings?
 - Do I respect others in authority: priests, nuns, police, old people, baby-sitters?

- 5. You shall not kill.**
 - Do I beat up others or hurt their bodies?
 - Do I say cruel things, or make fun of others to hurt their feelings?
 - Do I say mean things about others behind their backs?
 - Have I stopped speaking to anyone?
 - Do I encourage others to do bad things?
 - Do I try to love all people, born and unborn?

- 6. You shall not commit adultery.**
 - Do I treat my body and other people’s bodies with purity and respect?
 - Do I look at television shows, movies, or pictures that are bad?

- 7. You shall not steal.**
 - Have I taken things that were not mine from a store or another person?
 - Have I destroyed or misused another person’s property for fun?
 - Do I return things that I borrow? In good condition?

- 8. You shall not commit false witness against your neighbor.**
 - Am I honest in my school work?

- Do I tell lies to make myself look good?
- Do I tell lies to protect myself from punishment?
- Do I tell lies that make another person look bad or get them in trouble?

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

- Do I allow my parents to spend time with one another, or do I get jealous and want them to pay attention only to me?
- Do I get mad when I have to share my friends?
- Are there kids I will not play with or be mean to because they look different?

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

- Am I jealous or envious of the things or abilities that others have?
- Am I thankful to God and my parents for what they have given me?
- Do I share the things I have with my family, friends and poor people?

Name _____ Date _____

Use the Vocabulary

In our lessons so far, you have learned or been reintroduced to a number of terms used by the Catholic Church. Before you celebrate the Sacrament of Reconciliation again, reflect on the previous lessons and think of the many Catholic faith words you have been learning and using throughout our sessions. In the spaces below, fill in as many blanks as you can with those words. The words you choose do not have to begin with the given letter. Use a different word for each blank. A few words have been filled in to get you started.



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_____ AB S _____	_____ O _____
_____ A _____	_____ F _____
_____ C _____	
_____ R _____	_____ H _____
_____ A _____	_____ E _____
_____ M _____	_____ A _____
_____ E _____	_____ L _____
_____ N _____	_____ I _____
_____ ANOIN T _____	_____ N _____
_____ S _____	_____ G _____

RECONCILIATION

A U A U I Z F Q T M Q F F M J B S S H Y G W B A
X U Z W L K A T K Y Q N P S Y T T K B A P U J E
U G M W H B F K C S L S B Q O N C L D L D P W F
K B Y T K N O R K Q F C Y N E M W K F C Z H V C
S X P R W W R I C Q G R O M G W K R I E Z D I Z
I B I J A M G T P G H M A G Y K A R E X C Q D N
N V M B L T I Y P B Y R I I S Q J U I D Q S K P
L P O F F N V U F R C V Y I M K A T U E C A R G
P K U J F E E L A A R M W I C G N G C C U J E P
T L N B G O N M S K T Y J U N E Q X S N W W W S
O V J M E G E E V Y L L N I L P W Y Q A C E I N
Q Y W N L R S N X R J N R K R F F S M N O X B C
L O V I N G S N P Z F O H A F P Y A O N N Q U I
B X O K T P E D U H T K Y O K P J F J E F L Y A
U G D D X J A E Z S M E T C I E M P A P E V S Z
L U Y N J T O V E J R C S G F B O D L K S L U H
M X R Q N K P R C O M M A N D M E N T S S B D X
W H S S F K V H J C S T U F G J D Q C Y I A Q R
L M G V Z M E Z S L R X L L X M I H O T O K L E
Z G N I L A E V E R T I I I K Y N K K B N Z I N
A S W I L P B W L V I C E L U U V X Z F W I F E
L S L I K W P I Q G G Z R E J G V T H K Z C Y W
L R N I A N U E E N O I T U L O S B A K D O Z E
A G D Q A O B Y L E Q K F T H N V I V V G Z B D

RENEWED	FORGIVENESS	SACRAMENT	PRAYER
GUILT	LOVING	PENNANCE	CONFESSION
ABSOLUTION	GRACE	HEALING	REVEALING
RESTORING	SIN	COMMANDMENTS	