

Lesson 15 – Sin and Forgiveness

Grade 6 – Chapter 15

KEY CONCEPT

Your conscience helps you know when you have sinned. Through the Sacrament of Penance and Reconciliation, God forgives sins and restores us to his friendship.

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

TIP

Let Us Pray

- **Use Memorare and prayer from book**

What Do You Wonder?

- **Discuss these questions and share answers**

Chapter Story:

- **Encourage the children to discuss things they may have done that they felt sorry for afterwards. Remind them that asking for forgiveness is just as important as offering it.**

Forgiveness

Maddie groaned when her alarm clock went off. It was bad enough that it was a test day at school, but on top of that she dreaded facing Tania again. Since their fight on Friday, she had been feeling sick to her stomach all weekend.

"Are you up?" Her mom peeked in the bedroom door.

"I'm awake," Maddie said. "But I don't feel so well."

"Aw, honey, I'm sorry," Mom said as she came in and sat down on the side of the bed. She brushed Maddie's hair back from her eyes. "But we talked about this already. You don't feel well because you're making yourself sick thinking about your fight with Tania. You need to make up with her."

"But I said some really mean things, Mom. What if she doesn't forgive me?"

"She's your friend, Maddie. Friends forgive one another. Besides, she is probably feeling just as badly as you right now."

"You think so?"

"I'm sure of it."

Maddie scrambled out of bed. "Do you think you can take me to school a few minutes earlier this morning? I want to have time to apologize to Tania before class starts."

"Of course," Mom said as she smiled down at Maddie. "I bet you'll be feeling better in no time."

STEP 3 – DISCOVER

TIP

Your Relationship with God

- **Read and discuss how Jesus taught about sin and forgiveness**
- **Watch: Fr. Mike Schmitz – Mortal vs Venial Sin**
 - <https://www.youtube.com/watch?v=eGghX65-9Zg>

Read Scripture passage

Share Your Faith

- **Use this section to discuss about the parable**

Making Things Right

- **Read and discuss about our conscience and the Sacrament**
- **Review “Steps of Reconciliation” handout**
 - **Use the “Examination of Conscience” handout**
 - **Review the “Act of Contrition” prayer**

Connect Your Faith

Activity Master 15: Listen to Your Conscience sheet

STEP 4 – LIVE

TIP

Our Catholic Life

- **How can we keep a clear conscience?**
- **Use the “Informing Your Conscience” section to review further**

People of Faith

- **Discuss about Saint Margaret of Cortona**

Live Your Faith

- **Role-play some situations!**

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 _____

Listen to Your Conscience

Your conscience is formed as you grow and mature. It helps you know when your actions are right and good. When you find yourself in a situation that could lead you to sin, stop and listen to your conscience. Use the following advice to help.

1. Think about the situation before you do anything. What are the consequences of your choices? What does your conscience say?
2. Obtain advice by considering the following: What does the Bible say? What teachings of the Church apply? Is there a wise person around to help? What would that wise person advise? Pray to the Holy Spirit for help.
3. Continue with caution. Listen to and follow your conscience.



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Choose one scenario below, listen to your conscience, and write your response in the space provided.

Situation

What You Will Do and Why

A. You are with a new group of friends. One of them takes out a pack of cigarettes and offers you one.

B. You are with your friend at a candy store. Your friend puts a candy bar in her coat and motions for you to do the same.

C. A friend sneaks an adult's alcoholic drink and offers you a taste.
