

# Grade 7 - Lesson 15

St. Michael the Archangel Parish

## Proclamation:

*The Sacraments of Healing are the Sacrament of Penance and the Sacrament of Anointing of the Sick. Jesus instituted the Sacrament of Penance as the ordinary means for the forgiveness of sins committed after Baptism. The Sacrament of the Anointing of the Sick helps a person prepare for death by healing him from sin, and if it is God's will, brings about physical healing.*



## Catechetical Points

- God's loving mercy is boundless, and we can experience his mercy in the Sacraments of Penance and Anointing of the Sick.

## Materials

- YouTube (Please bring your own laptop or tablet)
  - Wi-Fi: StMichaelGuest
  - Password: 6084375348
    - Making a Good Confession by Fr. Mike Schmitz
      - <https://youtu.be/GCmumpsrwBE>

[1 min] **Opening Prayer**

- Ask if the students have any prayer requests and pray the Our Father, Hail Mary, and Glory Be.

[10 min] **The Sacrament of Penance**

- Read page 131 (page 242 in the teacher's manual).
- Read **The Sign and Effects of Penance** on pages 132-133.

[15 min] **Practice Making a Confession**

- Read **How to Make a Good Confession** on page 133 (page 242 in the teacher's manual).
- Write these phrases on the board:
  - Bless me Father, for I have sinned. It's been \_\_\_\_\_ since my last confession.
  - I'm sorry for these and all my sins.
  - His mercy endures forever.
  - Thanks be to God.
- *Pretend to be the priest and invite the students to practice making a confession using made up sins. Feel free to pair up the students to roleplay.*
- Priest: "In the name of the Father, and of the Son, and of the Holy Spirit."
- Student: *Make the Sign of the Cross, then say:* "Bless me Father, for I have sinned. It's been (a month) since my last confession. These are my sins."
- Encourage the student to make up some sins, for example:
  1. I got angry at my mom and talked back to her, and I was disobedient towards her.
  2. I said bad things about a classmate behind their back.
  3. I was lazy and I disobeyed my dad by not helping with housework.
  4. I watch an inappropriate TV show two different times.
  5. I'm sorry for these and all my sins.

- Priest: *Give some advice, assigns a penance, and asks the student to say the Act of Contrition.*
- Student: 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.
- Priest: "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit."
- Student: *Make the Sign of the Cross.*
- Priest: "Give thanks to the Lord for He is good."
- Student: "His mercy endures forever."
- Priest: "The Lord has freed you from your sins; Go in peace."
- Student: "Thanks be to God."

[15 min] **How to Make a Good Confession**

- Watch **Making a Good Confession** by Fr. Mike Schmitz
  - <https://youtu.be/GCmumpsrwBE>

- Note: The target audience for this videos is adults, rather than teens, but most of the advice can apply to the teens' lives too.
- **What question does Fr. Mike ask people when they want to find out where their biggest sins are? *Is God at the center of your life?***
- **What are the 4 things Fr. Mike recommends to have a good examination of conscience?**
  - *An examination of conscience that applies to your state in life.*
  - *The Litany of Humility*
  - *The Eight Beatitudes*
  - *A Consciousness Examen (Asking the Holy Spirit for help, go through your day and think of the times you said yes to God, and the times you said no.*

[15 min] **The Sacrament of the Anointing of the Sick**

- Read pages 137-138 (page 244-245 in the teacher's manual).
- **How are we healed physically? *A successful surgery, etc.***
- **How are we healed spiritually?**
  - *Forgiveness of sins*
  - *Realization of our sins*
  - *Sorrow for sins*
  - *Conversion of heart*
  - *Strength to accept our illness or suffering*
  - *Grade to resist temptation and to die a holy death*

[10 min] **Indulgences**

- Even if a sin is forgiven, it still leaves a side effect in the health of the soul. This manifests as temporal punishment that we experience either here on earth or in purgatory. Obtaining an indulgence is a way to lessen or completely remove the temporal punishment due to sin, either for ourselves or for souls in purgatory.
- Read page 140 on Indulgences.

- A partial indulgence removes some of the temporal punishment due to sin.
- A plenary indulgence removes all of the temporal punishment due to sin. When a soul in purgatory receives a plenary indulgence (from the intercession of a person on earth), they can immediately go to heaven.
- *Note on the selling of indulgences:* Indulgences typically involve specific prayers, but can also include sacrifices, such as giving away money. In the 1500s, the Church wanted to raise funds to build St. Peter's Basilica in Rome, and many priests openly promoted indulgences in the form of a donation. Martin Luther accused the Church of selling indulgences, and any abuses of this practice was corrected at the Council of Trent, but many Catholics left the Church and formed Protestant denominations because of Martin Luther's criticisms.

[10 min] **Closing Prayer**

- Read and reflect on some or all of the Examination of Conscience on pages 181-183 (Page 319 in the Teacher's Manual).
- Pray the Litany of Humility

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed,

**Deliver me, Jesus.** (*Repeat after each of the following lines*)

From the desire of being loved...

From the desire of being extolled ...

From the desire of being honored ...

From the desire of being praised ...

From the desire of being preferred to others...

From the desire of being consulted ...

From the desire of being approved ...

From the fear of being humiliated ...

From the fear of being despised...

From the fear of suffering rebukes ...  
From the fear of being calumniated ...  
From the fear of being forgotten ...  
From the fear of being ridiculed ...  
From the fear of being wronged ...  
From the fear of being suspected ...

That others may be loved more than I,

**Jesus, grant me the grace to desire it.** (*Repeat after each of the following lines*)

That others may be esteemed more than I ...

That, in the opinion of the world,  
others may increase and I may decrease ...

That others may be chosen and I set aside ...

That others may be praised and I unnoticed ...

That others may be preferred to me in everything...

That others may become holier than I, provided that I may become as holy as I should