

Grade 8 - Lesson 16

St. Michael the Archangel Parish

Proclamation:

Christ instituted the Sacraments as outward signs that confer his grace. Penance restores grace that we have lost due to sins after Baptism. The Eucharist, because it is Christ, is the source of grace.



Catechetical Points

- Grace conferred through the Sacraments is the source of divine life in us.
- The Sacrament of Penance restores us to the state of grace for sins committed after Baptism.
- Through the Holy Eucharist we become one with Christ.

Materials

- YouTube (Please bring your own laptop or tablet)
 - Wi-Fi: StMichaelGuest
 - Password: 6084375348
 - What Is a Sacrament by Ascension Press
 - <https://youtu.be/roeOjX0m6zc>
 - Making a Good Confession by Fr. Mike Schmitz
 - <https://youtu.be/GCmumpsrwBE>
 - Sacraments 101: Eucharist by Busted Halo
 - <https://youtu.be/qdGkTdv4Dt4>
 - What is the Point of Eucharistic Adoration by Spiritual Direction
 - <https://youtu.be/5Fy7nrWgy8w>

[10 min] **Silent Prayer**

- Bring the class into church for a few minutes of silent prayer.
- You can wait until the last 10 minutes of class if that works better for your group.

[10 min] **The Sacraments**

- The Seven Sacraments are: (See the notes on pages 272-273 in the teacher's manual)
 - Baptism
 - Eucharist
 - Confirmation
 - Reconciliation
 - Anointing of the Sick
 - Marriage
 - Holy Orders
- [Optional] Watch **What Is a Sacrament** by Ascension Press
 - <https://youtu.be/roeOjX0m6zc>
- **Why did Jesus give us the Sacraments?** *The Sacraments give us grace, which is the source of divine life in our souls.*
- **How is a Sacrament more than just a symbol of God's grace?** *The Sacrament are not only outwards signs, but they bring about real effects on our souls. Even though the spiritual effects are invisible to our senses, they are just as real as the physical aspects of the Sacraments.*

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

- Read page 154.
- **If Baptism removes Original Sin and all personal sin from a soul, why do we need the Sacrament of Reconciliation?** *Because we all commit sins after we have been baptised, due to our strong inclination to sin (concupiscence).*
- **What are the five things necessary for a good confession?**
 - Examination of Conscience
 - Have true sorrow for your sins
 - Have a firm commitment not to sin again
 - Confess all mortal sins
 - Do penance

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

- 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.
 2. I said bad things about a classmate behind their back almost every day this week.
 3. I was lazy and I disobeyed my dad by not helping with housework.
 4. I watch an inappropriate TV show about three different times.
 5. I'm sorry for these and all my sins.
- Priest: *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."

[10 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.*

[10 min] **The Holy Eucharist**

- Read all or part of pages 155-156.
- **What are the necessary conditions for receiving the Eucharist worthily?**
 - Fast for 1 hour before Communion (water and medicine is allowed).
 - Recognize who we are receiving in the Eucharist.
 - Be in a state of grace (not in a state of mortal sin).
 - Spend time in thanksgiving after Communion.
- **What effect does the Eucharist have on someone who receives it worthily?**
 - The Eucharist preserves and increases grace, which is the life of the soul.
 - It takes away venial sin and strengthens us against mortal sin.
 - It gives us spiritual joy.
 - It increases the virtues of charity and hope of eternal life.

[5 min] **How to receive Communion:**

- Make a sign of reverence before receiving, such as bowing, or kneeling.
- We can choose to receive on either the hand or the tongue. Bishop Morlino prefers people to receive on the tongue while kneeling, but either form is acceptable. If receiving in the hand, your dominant hand should be under your receiving hand, then pick up the host with your dominant hand.
- When the priest or Eucharistic Minister says, “The Body of Christ,” we reply “Amen.”
- After receiving, you can make the Sign of the Cross, then kneel at your pew to pray in thanksgiving. It is recommended to pray the Anima Christi.
- Watch **Sacraments 101: Eucharist** by Busted Halo
 - <https://youtu.be/qdGkTdv4Dt4>

[10 min] **What is Eucharistic Adoration**

- Eucharistic Adoration is prayer before the Blessed Sacrament, to spend time with Jesus and to receive graces in our life.
- [Optional] Watch **What is the Point of Eucharistic Adoration** by Spiritual Direction
 - <https://youtu.be/5Fy7nrWGY8w>

[1 min] **Closing Prayer**

- Pray the **Anima Christi** on page 185.
 - This prayer is usually said after receiving Communion.
- Pray the prayer of **Spiritual Communion** on page 186 (page 351 in the teacher’s manual).
 - This is a prayer that can be said when we can’t receive Communion for any reason (e.g. forgot to fast for an hour, in a state of mortal sin, couldn’t get to Church, etc.).