

# Grade 7 - Lesson 9

St. Michael the Archangel Parish

## Proclamation:

*Jesus built his Church on Saint Peter and other Apostles in order to spread the gospel throughout the world.*



## Catechetical Points

- Advent
- The structure of the Church
- The Four Marks of the Church
- Examination of Conscience

## Materials

- Examination of Conscience
- YouTube (Please bring your own laptop or tablet)
  - Wi-Fi: StMichaelGuest
  - Password: 6084375348
    - **All About Advent** by Allison Low
      - <https://youtu.be/ksHKrlaO1pl>

### [10 min] **Silent Prayer**

- Bring the class into church for a few minutes of silent prayer.
- Before praying, give the students some ideas of what to pray for:
  - Is there something troubling you this week?
  - Is there someone you know who needs God's help?
  - What are you grateful to God for?

### [5 min] **Advent Gestures Game**

- Pantomime various Christmas-related objects. Stand in a circle and pretend to be holding a present and pass it to another person in the group. Then that person passes the "present" to another person. Before handing the object to someone, say the other person's name and what object you are giving them.
- For example:
  - You: "[Name], present?"
  - Student: "Present, thank you."
  - You: Hand the "present" to the student, then he or she passes it to someone else, saying the same thing.
  - Once the group practices handing the present around, introduce other pantomimed objects, so that different people are passing around various objects at the same time.
- More object ideas:
  - A lit candle
  - A bell
  - Gold coins
  - A donkey (pulled by a rope halter)
  - Baby Jesus
- At the end of the game, ask for each object to be "returned" to you by whoever is holding it.

## [20 min] Advent

- Watch **All About Advent** by Allison Low
  - <https://youtu.be/ksHKrlaO1pl>
  - **What does the word “Advent” mean?** Coming
  - **What is Advent a time for?** Preparing, waiting, praying, repenting, peace, hope, joy
  - **What makes Advent a special time of year?** We prepare for the Christmas celebration and remind ourselves of Christ’s Second Coming.
  - **How can we be ready for Christ’s Second Coming?** Loving our neighbor, giving praise to God, receiving him in the Eucharist, recalling our sins and repenting, praying.
  - **Why do we see the color purple used during Advent?** Purple reminds us to repent of our sins, and it is a royal color that signifies that Christ is the King of Kings.
  - **Why do we have an Advent wreath?** Circle = Eternity of God, Evergreen = Life, Flames = Christ, light of the world.
- Advent Wreath Meaning:
  - The 1st Sunday of Advent symbolizes **Hope** with the “Prophet’s Candle” reminding us that Jesus is coming.
  - The 2nd Sunday of Advent symbolizes **Faith** with the “Bethlehem Candle” reminding us of Mary and Joseph’s journey to Bethlehem.
  - The 3rd Sunday of Advent symbolizes **Joy** with the “Shepherd’s Candle” reminding us of the Joy the world experienced at the coming birth of Jesus. We light the pink candle on the third Sunday, which is usually the halfway point through Advent. This is known as Gaudete Sunday, which means “Rejoice”.
  - The 4th Sunday of Advent symbolizes **Peace** with the “Angel’s Candle” reminding us of the message of the angels: “Peace on Earth, Good Will Toward Men.”

- *Note: Some Catholic websites I found give a different order to the candles: **hope, peace, joy, and love.***
- **What are some things you can do during Advent to prepare better for Christmas?**

[20 min] **The Church**

- Read pages 63-67 in the student text (page 114 in the teacher's manual).
  - **Is it each to follow the teachings of the Church? Do you think it will always be easy for you?**
  - **Do you think the Church could have lasted over 2000 years without God's help? Why?**

[20 min] **Examination of Conscience**

- Next week during class, Fr. Chahm will be hearing confession in the Sacristy.
- To prepare to make a good Confession, spend some time reflecting on the Examination of Conscience handout (Copies will be provided).
- Go through the steps of how to make a Confession (See next page).

[1 min] **Closing Prayer**

- Pray the **Prayer for Unity of the Church** on page 178 in the student text (page 318 in the teacher's manual).

## Steps for Making a Confession

Kneel behind the screen or sit in the chair across from Father.

Make the **Sign of the Cross** and say:

**Bless me, Father, for I have sinned. It has been \_\_\_\_\_ since my last confession. These are my sins....** *(Be specific and say the number of times you committed each sin, or give an estimate if you can't remember)*

After you finish, say, **“I am sorry for these and all my sins.”**

*Father will give you some words of encouragement and will ask you to say an Act of Contrition.*

### **Act of Contrition:**

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.

Make the **Sign of the Cross** while Father prays: *“I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.”*

Priest: *“Give thanks to the Lord for He is good.”*

Respond: **“His mercy endures forever.”**

Priest: *“The Lord has freed you from your sins; Go in peace.”*

Respond: **“Thanks be to God.”**