

1st Reconciliation PARENTS – Forgiven Discussion Points

Forgiven – Session 1 – Where are You?

1. Wake-up Call

- a. Guilt can be God's way of getting our attention – drawing us back to Him.
 - i. rumble strips; check engine light, smoke alarm, (ignore?), Examen
 - ii. Signals that something needs to change – don't just remove the feeling.
- b. God is always the one seeking us first. "Where are you?"
- c. How do we handle guilt? What do you see your kiddos doing?
 - i. Find distractions
 - ii. Rationalize our behavior
 - iii. Blame others
 - iv. Admit we're wrong

2. Sin – 1st thing in bible

- a. About breaking a relationship, not just breaking a rule
 - i. Love the child, do not love the actions
- b. Leads us to hide from God, like Adam and Eve

3. God's Perspective

- a. Above all else, God is LOVE.
 - i. "Father" is who God is the relationship
 - ii. "Lawmaker," "Judge," etc, is what he does
- b. Do we trust that He cares for us?
 - i. Let's make sure we & our kiddos know God wants to be involved in our lives.
 - ii. When we sin, God seeks us out
 - iii. The only sin God can't forgive is the one for which we won't ask forgiveness.

Catechism in a Year #239, 1783 – 1789 Morality & Formation of Conscience

Morality: 1730 - 1802

Reconciliation: 1420 – 1498

Sin: 1846 - 1876

Moral Law, Grace & Sanctification: 1950 - 2051

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Forgiven – Session 2 – An Encounter with Mercy

1. Woman caught in adultery (John 8)
 - a. What was she feeling?
 - b. Unexpected encounter with God's love and mercy
 - i. Jesus did not condemn her
 - ii. He also did not condone her sins
 - c. God sees us as we are and loves us
 - d. confession offers a new beginning
 - i. We are not our sins
 - ii. Mercy invites us to a much greater life.
2. God's Mercy
 - a. God is merciful
 - b. God is constantly seeking us out
 - c. We encounter Jesus himself in the Sacrament of Reconciliation
 - d. Jesus gave the Apostles his own authority and power to forgive sins
 - i. God has always used mediators
 - ii. Priest acts *in persona Christi capitis*, "in the Person of Christ the Head"
3. Human Aspect of the Sacrament
 - a. God knows we need a tangible experience of mercy and forgiveness
 - b. Confession gives us a physical encounter along with the supernatural reality of grace
 - c. We have a human need to say that we're sorry
 - d. We have a human need to actually hear someone say that we are forgiven
4. Healing
 - a. In confession Jesus forgives our sins
 - b. He also wants to address the root causes of our sin and heal the wounds of sin in our soul
 - c. The Sacrament gives us the grace to "go and sin no more"
 - d. God offers us his mercy so that we can extend his mercy to the world

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Forgiven – Session 3 – The Rite Explained

1. Priests' Perspective on Confession
 - a. It's a joy and privilege to welcome people back to God in the sacrament
 - b. Nothing new under the sun – you aren't going to shock the priest with your sin
 - c. Absolutely confidential (Seal of Confession)
 - d. Admiration for the courage of the penitent
 - e. Many priests forget everything they hear in the confessional
 - f. Sin is forgiven to make us free to love.
2. The Sacrament
 - a. Examination of Conscience - **SEE PAGE 31**
 - i. We prepare for the sacrament because we take the encounter with Christ seriously
 - ii. Consider what sins we have committed
 - iii. Keep in mind that we are approaching our loving Father
 - iv. "In my thoughts" – our words and actions have their root in our thoughts
 - v. "In my words" – we can sin through our speech
 - vi. "In what I have done" – sins of commission; what we most commonly consider as sin
 - vii. "In what I have failed to do" - sins of omission
 - b. Sign of the Cross
 - c. "Bless me Father, for I have sinned. It has been __since my last confession" – gives the priest context
 - d. State our sins
 - i. Simple, straightforward, honest
 - ii. Humbling but not humiliating
 - iii. List first your mortal sins according to number and kind, and if you forget a venial sin don't worry because it can be forgiven in other ways, such as through an act of contrition.
 - e. Penance
 - i. Act of love and thanksgiving in response to God's forgiveness
 - ii. Addresses some of the practical consequences of sin
 - f. Act of Contrition
 - i. Like a formal apology
 - ii. Can use a memorized prayer or make up your own
 - g. Absolution
 - i. Priest raises both hands (or at least his right hand) over penitent – invokes God's presence
 - ii. Recites the prayer of Absolution – this is the moment of forgiveness
 1. Father of mercies
 2. Pardon and peace
 3. Ministry of the Church.

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Living Faith – Episode 2, Part 2 – Confession

<https://app.formed.org/app/videos/3383192?cid=1071399>

There is infinite grace available in every Mass and confession, but our subjective experience may not reflect this objective reality.

The Sacraments are ways God majorly helps us out.

They are massive rivers flowing from God / heaven to you.

The focus of this episode is unlocking more grace from Mass and confession.

PART TWO – Confession

St. Teresa of Avila “The Interior Castle” – The big thing: getting sin out of our life

To move closer to God, we need to move further away from sin.

Sacrament of Reconciliation is an incredible gift –

- Bring our dark into light & feel his love
- Forgive sins
- Grace to not to sin again

Regular attendance - monthly

Mortal sin – kills the life of God in our soul.

It can be difficult, embarrassing, humbling, need to be vulnerable.

God knows what we need, we can trust him.

By going to confession we make Jesus’ sacrifice on the cross worth while.

Infinite grace is available – need to be open to it.

How to make best confession:

1. Examine our conscience
2. Take responsibility
3. Stir up contrition
4. Firm purpose of amendment
5. Pray – hatred of our sin, for priest, your penance