

*"Do not conform yourself to this age but **Be Transformed...**" -Romans 12:2*

Youth Night: Feb 10th, 2019

Topic: Pure and Undefined (How Reconciliation heals wounds of Shame)

3 Major points:

- 1) Jesus knew that even after **He died for us** that as **humans we would still fail**. So he gave us Confession to help bring us **back into full communion with Himself**.
- 2) **Jesus Himself** gave us the **gift of Reconciliation** with **easy to follow steps** so we can **receive the mercy** waiting for us.
- 3) Sin that we repeat in our life says something about the hardships we have. These sin can feel that they run our lives but **Jesus wants to help us defeat even the hardest sin through Confession**.



What does the Catechism say?

CCC 1423

It is called the sacrament of conversion because it makes sacramentally present Jesus' call to conversion, the first step in returning to the Father from whom one has strayed by sin.

It is called the sacrament of Penance, since it consecrates the Christian sinner's personal and ecclesial steps of conversion, penance, and satisfaction.

Steps of a Good Confession:

- **Pray to the Holy Spirit**
 - Ask for self-knowledge and trust in the mercy of God. Examine your conscience, be truly sorry for your sins, and resolve to change your life.
- **Go to the priest**
 - begin with the Sign of the Cross
 - The priest will say: "May God, who has enlightened every heart, help you to know your sins and trust in his mercy," or similar words taken from Scripture.
 - You answer: "Amen" meaning I believe.
- **Say your Sins**
 - You say "Bless me, Father, for I have sinned. It has been ____ weeks/months/years since my last confession."
 - Confess your sins openly and candidly.
- **Priest Counsel**
 - Listen to the priest for whatever counsel he may give. If you have any questions about the faith, how to grow in holiness, or whether something is a sin, feel free to ask him. Then the priest will assign you a penance.

- **Pray the Act of Contrition**

- My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

- **Absolution**

- Listen as the priest absolves you of your sins and enjoy the fact that God has truly freed you from all your sins.

- **Penance**

- Do the penance the priest assigns you. If you are anxious or unsure of what to do, take this guide with you or tell the priest and he will make it easier for you.

Scripture Meditation:

Steps:

- Pray and ask the Holy Spirit to lead you to the truth Jesus wants to share with you.
- Read the passage 3 times slowly; see if any phrase or word stands out to you. What might the Holy Spirit be saying to you?
- Lastly, take time to write/share what the Holy Spirit spoke to your heart during prayer.

Passage: Eph. 1: 3-6

Then the scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle. They said to him, "Teacher, this woman was caught in the very act of committing adultery. Now in the law, Moses commanded us to stone such women." So what do you say? They said this to test him, so that they could have some charge to bring against him. Jesus bent down and began to write on the ground with his finger. But when they continued asking him, he straightened up and said to them, "Let the one among you who is without sin be the first to throw a stone at her." Again he bent down and wrote on the ground. And in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him. Then Jesus straightened up and said to her, "Woman, where are they? Has no one condemned you?" She replied, "No one, sir." Then Jesus said, "Neither do I condemn you. Go, and from now on do not sin any more." The Light of the World. Jesus spoke to them again, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

Thoughts to Share:

- 1) The Catholic Church suggests that we try to go to confession at least once a month, when is the last time you and your family have gone? Make a plan for this month if you have not gone yet.
- 2) In what area of your life do you need to hear that Jesus does not condemn you? Are you willing to let go of your shame and receive His mercy?
- 3) When is a time in your life you received God's mercy in a powerful way?
- 4) Who are people in your life that need forgiveness? How can you give forgiveness like Christ gives to us?

