

Session Planning

What You Do

What You Need



Invite, 15 minutes

- Page 29
- **Prayer in Time of Distress** (Psalm 86:4b–6), Reflect prayerfully on God’s Word.
 - ▶ Show Opening Video 3.

video on [sacraments.osv.com](https://www.sacraments.osv.com)

- Page 30
- **Activity** Identify people who help us learn behaviors and habits that show love for God.

pencils or pens



Discover, 40 minutes

- Page 31
- **Catholic Signs & Symbols** Familiarize the children with Reconciliation rooms and confessionals.
 - **Meet Jesus** Learn about Jesus as the physical and spiritual healer.

- Pages 32–33
- Recognize God’s love for us and his willingness to forgive us.
 - **The Parable of the Lost Son** (Luke 15:11–24a), Proclaim this passage.
 - Explain that God sent Jesus to show us the way back to him.
 - Reflect on how the Holy Spirit guides us towards the Father’s love in the choices that we make.
 - **Activity** Help the lost son find his way back to his father’s love.
 - **Entering the Mystery** Talk about how the Sacrament of Penance is a sign of God’s great love for us.

pencils or pens
 paper
 crayons or markers

- Pages 34–35
- Explain that God gave us the Ten Commandments to teach us how to love him and others.
 - Talk about the Great Commandment as a summary of the Ten Commandments.
 - **Activity** List ways to follow the Ten Commandments, showing love to God and to our neighbors.
 - Share that Jesus shows us the way to true happiness and God’s Kingdom through the Beatitudes.
 - Discuss how we can form our conscience.

list of choices for Stand Up/Sit Down game
 pencils or pens
 board or chart paper
 marker

- Page 36
- **Activity** Discover the purpose of an examination of conscience and discuss what types of questions a person should ask to examine his or her own conscience.

pencils or pens



Live, 15 minutes

- Pages 37–38
- Reflect on how the Sacrament of Penance changes our hearts.
 - **Activity** Consider how to change non-loving actions into actions that show love for God and others.
 - ▶ Point out the **My Family in Our Parish** activities for the upcoming week.
 - Conclude with the closing prayer and ritual.

pencils or pens
 tablecloth, Bible, candle, red felt hearts, prayer stones, container
 ▶ copies of Session 3 **Family + Faith Pages**

Catholic Faith Words Ten Commandments • Beatitudes • conscience