

Session Planning

What You Do

What You Need



Invite, 15 minutes

- Page 39
- **The Vine and the Branches** (John 15:9–14), Reflect prayerfully on God's Word.
 - ▶ Show Opening Video 4.

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

- Page 40
- **Activity** Find hidden objects and reflect on how good it feels to find something that's been lost.

pencils or pens



Discover, 40 minutes

- Page 41
- **Catholic Signs & Symbols** Explain the function of a stole and what its color and the way it's worn symbolize.
 - **Meet Jesus** Introduce Jesus as the Good Shepherd who will always bring us back to his Father.

pictures of shepherds

- Pages 42–43
- **The Good Shepherd** (John 10:3–5, 11–15), Proclaim this passage.
 - Explain that Jesus and the Holy Spirit help lead us to God's love.
 - **Activity** Find words that describe what Jesus, the Good Shepherd, offers to us.
 - Explain what it means to sin, and talk about the consequences of sinful actions.
 - **Entering the Mystery** Discuss the Sacrament of Penance and Reconciliation as a gift from God and how it brings us into right relationship with him and his Church.

pencils or pens

- Pages 44–45
- Talk about what it means to be a penitent.
 - Discuss the four main parts of the Sacrament of Penance and Reconciliation: contrition, confession, penance, and absolution.
 - Emphasize that a confession is always private and stays between the priest and the penitent.
 - Consider what it means to truly be contrite.
 - **Activity** Learn the steps of the Sacrament of Penance and Reconciliation and what happens during each of them.

board or chart paper
 marker
 pencils or pens

- Page 46
- Discuss the Act of Contrition and the meaning behind the words that we pray.



Live, 15 minutes

- Pages 47–48
- Reflect on the effects of the Sacrament of Penance and how it brings us closer to God and those whom we love.
 - **Activity** Create a story to discover the positive effects of contrition.
 - ▶ Point out the **My Family in Our Parish** activities for the upcoming week.
 - Conclude with the closing prayer and ritual.

pencils or pens
 tablecloth, candle, crucifix, purple stole, paper hearts
▶ copies of Session 4 **Family + Faith Pages**

Catholic Faith Words contrition