

CONFIRMATION YEAR 1

ASSIGNMENT #14

Date Assigned: March 6, 2021 & Date Due: March 13, 2021

James 5:16

“Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful.”

Dear students and families,

This week’s lesson is about Confession/Reconciliation. In Catholicism, it is very important we confess our sins to God. This is important because participation in the Eucharist is our greatest joy and privilege, as well as a duty (at least once a year, preferably during the Easter season, but that’s just the bare minimum). To participate worthily we must be free of mortal sin. Confession is a gift, a means of grace, a way to God, and a way back to God.

In this assignment, we want you to watch a Youtube Video from Father Mike Schmitz as he will discuss the importance of our Catholic faith and why confession is a valuable gift given by God. He clarifies as to the reasons why confessing our sins to a priest may be one of the hardest things we have to do in our lives but we have to remember that it helps us let ourselves be healed from Christ and progress in the life of the Holy Spirit. By confessing our sins, we’re receiving more frequently through this sacrament the gift of the Father’s mercy, we are encouraged to be merciful as He is merciful.

Here's a URL in case you have issues with the link down below:

Link: <https://youtu.be/xtvjmsPmVpw>

Youtube Video: [Why Confess My Sins to a Priest?](#)

Please answer the following questions for your Assignment ↓

- What are some bible verses Father Mike mentioned in the video about confession?
- What is a mediator?
- What is the role of the Priest?
- What happens in John chapter 20?
- Who did Jesus give the ability to forgive sins?
- Why do priests have the gift of healing sins?
- What is Confession a place for?
- How do you feel about going to Confession before getting confirmed?

Weekly challenge:

During this Lenten season, we uncovered a lot about what you can do to improve your faith and how to maintain that within these weekly challenges. From past weeks with going to the Stations of cross and doing the rosary, this week we want you to find a podcast, Youtube video, or check the USCCB.org website to go further about things that interest you about faith, God, and your Catholic religion. Share what you found that was appealing by attaching the resource to your Assignment #14. We look forward to reading all of your assignments this week!

Here's a quick guide on how to go to Confession for you to read! 😊

How to Go to Confession...

May the Passion of Our Lord Jesus Christ,
the intercession of the Blessed Virgin Mary and of all
the saints,
whatever good you do and suffering you endure,
heal your sins,
help you grow in holiness,
and reward you with eternal life.
Go in peace.

—*Rite of Penance*, no. 93

- 1 PREPARATION:** Before going to confession, take some time to prepare. Begin with prayer, and reflect on your life since your last confession. How have you—in your thoughts, words, and actions—neglected to live Christ's commands to "love the Lord, your God, with all your heart, with all your soul, and with all your mind," and to "love your neighbor as yourself" (Mt 22:37, 39)? As a help with this "examination of conscience," you might review the Ten Commandments or the Beatitudes (Ex 20:2-17; Dt 5:6-21; Mt 5:3-10; or Lk 6:20-26).
- 2 GREETING:** The priest will welcome you; he may say a short blessing or read a Scripture passage.
- 3 THE SIGN OF THE CROSS:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: "Bless me, Father, for I have sinned. It has been [*give days, months, or years*] since my last confession."
- 4 CONFESSION:** Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: "I am sorry for these and all my sins."
- 5 PENANCE:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.
- 6 ACT OF CONTRITION:** After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is:

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.
(Rite of Penance, no. 45)
- 7 ABSOLUTION:** The priest will extend his hands over your head and pronounce the words of absolution. You respond, "Amen."
- 8 PRAISE:** The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, "Give thanks to the Lord for he is good." And your response would be, "His mercy endures for ever" (*Rite of Penance, no. 47*).
- 9 DISMISSAL:** The priest will conclude the sacrament, often saying, "Go in peace."

If it has been a while since your last confession, remember, "Do not fear" (Is 41:10). The priest will help guide you. And feel free to take this how-to guide with you! (For more information, visit www.usccb.org/confession.)

✓ Make sure to do your best with spelling, punctuation and capitalization.

✓ Finally, email your document in a word document or jpg format by March 13, 2021 at 9AM!

—→Email the Assignment to:

rfststephencn1@yahoo.com

→**In the Subject Line of the Email include the following:**

First Name and Last Name, Assignment #13, and
Confirmation Year 1

Thank You! -Marla, Jenna & Confirmation 1 Team