

# You are Forgiven - Session 1 - God Is Our Loving Father

## Key Points

- God created everything that exists, and his creation is good.
- God created man & woman in his image & likeness.
  - **We are created for friendship with God – this is the only way to be truly happy.**
- God placed the 1<sup>st</sup> couple, Adam & Eve, in the Garden of Eden to live in his friendship.
  - **But the devil tempted them, and they disobeyed God's command and sinned.**
- Adam & Eve's sin brought suffering & death into the world.
  - **Every person to be born since has a fallen nature and a broken relationship with God.**
- God promised Adam & Eve that he would send a savior to fix the brokenness from sin.
  - **The savior would be God's own Son, Jesus.**
  - **This is the beginning of the story of salvation history – God's plan to reconcile the world to himself.**



## *KEY WORDS:*

Eternal,  
Image & Likeness of God,  
Soul, Angels, Tempted,  
Savior, Reconcile,  
Original Sin, Sin, Free will

# You are Forgiven - Session 2 - God Reveals His Saving Plan

## Key Points

- After the Fall, God begins his loving plan of salvation:
  - **to bring everyone back into friendship with him.**
- Starting with Abraham, God begins to form his Chosen People.
- God makes covenants with his people to show them his great love.
- God gives Moses the 10 Commandments to show us how to live.
- The Old Testament prepares us for the coming of Jesus.



## *KEY WORDS:*

Chosen People,  
Covenant,  
10 Commandments,  
Salvation, Bible,  
Old Testament

# You are Forgiven - Session 3 - Jesus Comes to Save Us

## Key Points

- When we sin, we run away from God,
  - **but he always comes looking for us to bring us back home to him.**
- God the Father sends his Son to save us.
- MYSTERY OF THE INCARNATION - The Son of God became man.
  - **Jesus is both fully God and fully human.**
- Jesus established the Church as the Kingdom of God on earth.
  - **he chose 12 Apostles to be the leaders of his Church.**
- PASCHAL MYSTERY - Jesus' Suffering, Death, Resurrection, & Ascension



## **Sacrifice**

CROSS / LAMB of GOD:  
Saves us from our sins.

PASSOVER LAMB:  
Saved Israelites from  
slavery in Egypt.

**KEY WORDS:**  
Parables, Repent,  
Blessed Trinity,  
Incarnation,  
Messiah,  
The church,  
Apostles,  
Paschal Mystery

# You are Forgiven - Session 4 - The Church Continues

## Key Points

- Jesus founded the Church to continue his saving **mission**:
  - to share God's love with others.
- The Apostles are the foundation stones of Jesus' kingdom, the Church.
- Jesus chose Simon to be the leader of the Apostles,
  - gave him the **keys** to the Kingdom of Heaven, and
  - **changed his name** to Peter.
- Jesus gave the Church the 7 sacraments,
  - which convey his **grace** - *the gift of God's own divine life* - to us.
- The 1<sup>st</sup> sacrament we receive is Baptism, in which
  - we die to sin and are raised to **new life** in Christ and
  - become members of the Church.



## *KEY WORDS:*

Christ, New Covenant, Grace, Baptism, Sacraments of:  
Initiation, Healing, Service, Sanctifying Grace, Actual Grace

# You are Forgiven - Session 5 - Life in Christ

## Key Points

- When we break God's laws, we commit sin, which
  - hurts us,
  - the people around us, and
  - our relationship with God.
- Our conscience is God's gift to help us know the difference between right and wrong.
- The 3 requirements for a sin to be mortal are:
  - it is a very serious sin
  - you know it is a serious sin when you commit it
  - you choose to commit it of your own free will.
- A person who is aware of having committed a mortal sin should go to the Sacrament of Reconciliation as soon as



## What is a Conscience?



Blessed are the....

poor in spirit  
merciful meek  
peacemakers  
persecuted



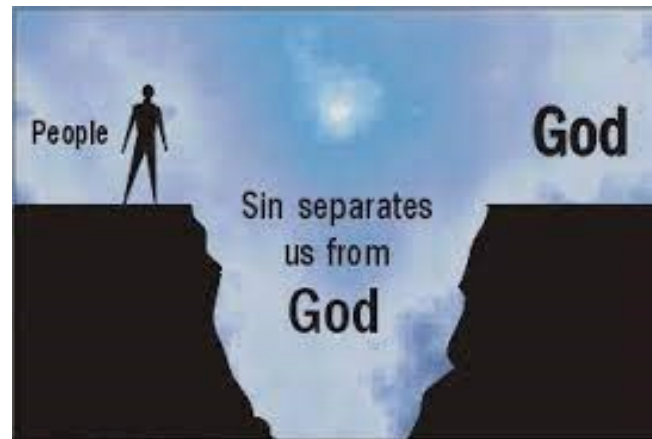
## KEY WORDS:

Beatitudes, Mercy,  
mortal Sin, Venial Sin,  
Conscience, Conversion, Contrition

# You are Forgiven - Session 6 The Sacrament of Reconciliation

## Key Points

- After Baptism we can still damage our friendship with God through sin.
- Jesus gave his Holy Spirit to the Apostles so that they could forgive sins in his name.
  - Our bishops & priests today carry on Jesus' mission of forgiveness
- Jesus is really present & working through the priest in Confession to forgive us of our sins.
- God forgives our sins & gives us grace in the Sacrament of Reconciliation.
- The Sacrament of Reconciliation heals our relationship with God & with his Church



## *KEY WORDS:*

*Crucified, Resurrected, Successors,*

*Sacrament of: Reconciliation, Penance, Confession, Conversion*

# The Sacrament of Reconciliation

## Priest

## You

1

Examine your conscience.

2

**CONFESS** your sins:

1. Sign of the Cross
2. “Bless me father, for .... “
3. SINS (in kind and #)

COUNSEL the penitent  
Assign a **PENANCE**

3

4

ACT OF **CONTRITION**

Give **ABSOLUTION**

5

SIGN OF THE CROSS

“Give thanks to the Lord,  
for He is good.”

6

“His mercy endures forever.”

7

Do your penance.



**Inside  
Confessional**

# You are Forgiven - Session 7 - Celebrating Reconciliation

## Key Points

- The 3 actions we must do for the Sacrament of Reconciliation are:
  - **repent ... confess our sins to a priest ... do penance**
- CONFESS
  - Mortal sins in kind & number.
  - Venial sins as well.
- CONTRITION
  - Perfect—sorry for our sins because we love God.
  - Imperfect—sorry for our sins because we are afraid of punishment or recognize the ugliness of sin.
- ABSOLUTION—the Holy Spirit forgives us of our sins.

God wants into our heart.



Invite him in  
and then keep him there.



It is not easy to admit that we are wrong.  
It can be difficult to say our sins out loud.  
Although the priest is present,  
our conversation is really with God.

**Have no fear.**

No Matter how we have ignored or rejected his  
love, he is ready and waiting  
to welcome us back with open arms.

**His love is exhaustible.**

*KEY WORDS:* Penance, Penitent, Examination of Conscience,  
Perfect Contrition Imperfect Contrition, Absolution