

# Sacraments of Healing

## Preparation for the Session

This session has parts that will take place at different times. You will gather with your child for Part 1: Invite. Your child will then work independently on Part 2: Discover, and you will read that section of the chapter on your own as well. Finally, you will come together again later in the week for Part 3 to review and complete the In Summary & Live section.

**Parents, Consider This:** *By this age, your child and/or your family may have experienced suffering, illness, or a loss of some kind. These life experiences can collide with the strong sense of justice that is common in children and teens at this stage of emotional development. The suffering a young person personally experiences or witnesses in the world can be confusing and disturbing. They may ask silently or out loud: "How can God allow suffering?" Share the words of Pope Saint John Paul II with your child: "God is always on the side of the suffering." He weeps with us and longs for goodness and healing within our human circumstances. The Church offers us the Sacraments of Healing to help us cope with our own suffering and strengthen us for our challenges. Through these Sacraments, the Church unites us in prayer, is a conduit of God's special grace for the sick and suffering, and strengthens us as we face our trials and challenges.*

**Children at This Age:** *The values of popular culture do not always align with or reinforce the values of the Catholic faith. As young adolescents, seventh-graders may be influenced by the sexual and moral values they see in the media and in society in general. We need to help them filter what they see and hear in the culture through the lens of our Catholic faith. Encourage your son/daughter to look to the Church as a source of teaching and wisdom and as a place where he/she belongs.*

In this chapter, your child will cover the following objectives:

- Explain why Jesus healed people
- Discuss the process of conversion
- Recognize the need for the Sacrament of Penance and Reconciliation
- Describe the four elements of the Sacrament of Penance and Reconciliation
- Review the steps in the Rite of the Sacrament of Reconciliation
- Identify the benefits of receiving the Sacrament of Penance
- Explore the need for and the effects of the Sacrament of the Anointing of the Sick

## PART 1: Invite

Turn to Page 275,  
Sacraments of Healing

**Make** sure you have a Bible, writing tools for both of you, and some paper.

**Find** a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



**Let Us Pray** Together make the Sign of the Cross. Have your child take the role of leader and read aloud the prayer. Both of you respond with the part marked “All.”

**Explain** that God reaches out to us constantly with loving forgiveness when we fall short of loving him, ourselves, and others as we should.

**Say:** Let’s listen to God’s Word and discover how we are a new creation in Christ.



**Guide** your child through the Preparing for God’s Word ritual you learned in the Introduction Session.

- Proclaim the Scripture in the Parchment Paper box on the page.
- Maintain several moments of silence.
- *Ask:* What did you hear God say to you today?

**Invite** your child to respond and also share what you heard.

**Say:** Jesus sacrificed his life so that we could become part of a new creation, one that strives to share God’s love and righteousness with the world.

Now, look at the *Have you ever thought...* box.

**Invite** your child to respond to the questions found in the box in the Student Book, also listed here:

- What does it mean to be a new creation in Christ? (It may be challenging to respond to this question because it requires a degree of abstract thinking. For while we remain ourselves, the grace of Christ can change our hearts if we accept it. This new life in Christ will strengthen our relationship with God and deepen our spiritual lives.)
- How is forgiveness the key? (The ability to forgive is a powerful dimension in how our faith impacts our day-to-day life and spiritual growth. Growing in our ability to forgive is a sign of maturing in faith.)

**Ask** what else your son/daughter might wonder about God’s Word and what it means to us today.

**Turn to Page 276,**  
Getting Started

**Read** aloud the paragraph.

**Tell** your child to read the directions and complete the web on page 276. When he/she is finished, share any additional things you know about the Sacraments of Healing.

**Preview** the Catholic Faith Words at the top of the page. Ask your child what she/he thinks the words mean. The definitions can be found in the glossary at the end of the Student Book.

**Turn to Page 277**

**Remind** your child that Saint Paul says we are ambassadors for Christ. Discuss what ambassadors do, then paraphrase the activity instructions by suggesting that we don't have to travel to the far ends of the Earth to be ambassadors for Christ. We can practice forgiveness and reconciliation every day, wherever we are. We can be Christ's ambassadors in our home, at school, in our parish, and in our neighborhood.

**Have** your son/daughter design a "forgiveness key" in the space provided in the book and then explain how it symbolizes what he/she knows to be true about forgiveness. When he/she is finished, talk about some of the "doors" that forgiveness can open. Discuss an experience you have had of forgiving or being forgiven.

## PART 2: Discover

**Direct** your child to independently complete pages 278–283. Have him/her highlight the main sentence in each paragraph while reading through the text. This includes completing all on-page activities. Ask your child to write any questions he/she might have about a Catholic Faith Word in the margins of the text. You can review these when you gather again to complete the session.

Be sure to read these pages as well. Doing so will give you insight into chapter topics and will help you engage your child in later discussions.

## PART 3: In Summary & Live

**Turn to Page 283,**  
In Summary

*When you return,* review the "In Summary/Catholics Believe" section. Read each bullet and ask your child to rephrase it in his/her own words.

**Turn to Page 284**

**Direct** your daughter/son to silently read Our Catholic Life.

**Parents, Consider This:** *Forgiveness is a powerful spiritual force. We can see the evidence of the grace of God in giving and receiving forgiveness if we look for it. Think of a time when you have been forgiven. Perhaps there was, or is, someone you need to forgive. It is likely at some point in your life you have experienced forgiveness or a lack of forgiveness that has impacted you. Through prayer, God helps us find the wisdom in the circumstances that require forgiveness. The Church, through Christ, offers us the Sacrament of Penance and Reconciliation to have our personal sins forgiven and to heal our relationships with God. If we model adhering to the Church's precept to celebrate this Sacrament at least once a year, we tell our children, without using words, the importance and value of this Sacrament in our lives. This is the most likely way your child will learn to be faithful to this practice throughout her/his life.*

**Ask:** How would you describe Reconciliation to someone who is nervous about confessing their sins?

**Discuss** some ways to approach inviting someone to confession.

**Read** aloud People of Faith.

**Say:** Blessed Carlos was born with a digestive disorder but he never let his suffering undermine his commitment to Christ or get in the way of sharing the Good News. We can learn a lot from him.

**Review** the instructions for the Identify activity. Work independently to match up the answers. When you both are finished, discuss some of the benefits of forgiveness.

**Conclude** the session by praying the Act of Contrition on Page 387.



To access and send an eAssessment to your child, go to the Student & Family section of [aliveinchrist.osv.com](http://aliveinchrist.osv.com).