

## **Sacraments of Healing**

### **VIDEO LINK**

<https://www.youtube.com/watch?v=9KR34TLe-7s>

Please see the following page for the rest of the content for this session.

**RELATED SCRIPTURE PASSAGES:**

**Guilt:**

Romans 2:1-13; Psalm 32:3-5;  
Psalm 38:1-8; Psalm 51:1-6

**Forgiveness:**

Luke 7:36-48; Psalm 130;  
Daniel 9:9; Acts 10:43;  
Psalm 32:1-5

**Biblical Foundation  
for Confession:**

John 20:23; James 5:14-16

**RELATED CATECHISM OF THE  
CATHOLIC CHURCH REFERENCES:**

**Conscience and**

**Admittance of Guilt:**

1776-1781, 1792, 1794

**Sin and Forgiveness:**

1846-1851, 2838-43

**Names of the Sacrament:**

1423-1424

**Who Forgives Sin:**

1441-1442

**The Burden of Sin:**

1432

**RELATED YOUCAT REFERENCES:**

The section of YOUCAT about the Sacrament of Reconciliation is really wonderful. The questions it answers are good ones. We recommend you read the entire section (224-239) and prayerfully discern how you should use the information with your teens.

# CONTRITION CONFESSION SATISFACTION

## SYNOPSIS

Whether this is a refresher or an introduction, this film creatively walks through the Sacrament of Reconciliation in a way that will stick with you.

## SUGGESTED USES FOR THIS VIDEO

✠ Use this film prior to the Sacrament of Reconciliation, in a class about the Sacraments of the Church, or as part of an event/program about sin and forgiveness.

## QUESTIONS FOR DISCUSSION

1. What does it mean to ask for forgiveness?
2. Is asking for forgiveness important? Why or why not?
3. Is it hard for you to say the words "I was wrong."?
4. Is it hard for you to say the words "I'm sorry."?
5. Is it hard for you to say the words "Please forgive me."?
6. How are these different?
7. Why is it important to say them all?
8. Why would some be harder to say than others?
9. Have you ever experienced a situation where you didn't want to ask for forgiveness, but once you did you felt relieved? Share.
10. Is it easy or difficult for you to forgive someone?
11. How might your answer to #10 influence your feelings about God's willingness to forgive you?
12. How do you feel about going to the Sacrament of Reconciliation?

13. Take a minute to think about some sin habits you have – things you continue to do that you shouldn't, but can't seem to gain traction on. How might the Sacrament of Reconciliation help you with that?
14. Were you aware that Reconciliation empowers you with God's grace to live a changed life? (Satisfaction)
15. What do you think would happen if you made the commitment to go to Reconciliation more often? If you go once a year, how about twice? Better yet, how about once during Advent, once during Lent and once over the summer during Ordinary time?
16. Do you remember the three parts of the Sacrament? (contrition, confession, satisfaction) What is the hardest part about each? What is the best part about each?



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**RELATED SCRIPTURE PASSAGES:**

Psalm 30:2;  
 Psalm 41:2-3;  
 Psalm 103:2-4;  
 Psalm 147:3;  
 Isaiah 53:4-5;  
 Jeremiah 17:14;  
 Matthew 9:35;  
 Mark 5:34;  
 Mark 6:12-13;  
 Mark 16:17-18;  
 James 5:14-16;  
 1 Peter 2:24

**RELATED CATECHISM OF THE CATHOLIC CHURCH REFERENCES:**

1420-1421;  
 1499;  
 1506-1510;  
 1514-1515

**RELATED YOUCAT REFERENCES:**

240-246



# SUFFERING AND GLORIFIED

## SYNOPSIS

Meet Caroline and Jack, two kids who have battled illness and received strength through the Sacrament of the Anointing of the Sick.

## SUGGESTED USES FOR THIS VIDEO

✠ This film is unique in that it addresses two common misconceptions about the Sacrament of the Anointing of the Sick: that it is only for the old and only for the dying. Use this film as part of a series about the Sacraments of the Church or as a stand-alone when discussing the Lord's healing and strength with your youth.

## QUESTIONS FOR DISCUSSION

1. Who is this Sacrament for?
2. How many times can/should you receive this Sacrament?
3. Why should you receive this Sacrament?
4. How does our culture treat suffering?
5. The Catechism says, "*By his passion and death on the cross Christ has given a new meaning to suffering: it can henceforth configure us to him and unite us with his redemptive Passion.*" What does this mean and how is it different from what the world says about suffering?
6. How is hope connected to the Sacrament of Anointing of the Sick?
7. How is forgiveness connected to the Sacrament of Anointing of the Sick?
8. When someone says they've been healed, what do you think they mean?
9. The Catechism says, "*(The grace of this Sacrament) is a gift of the Holy Spirit, who renews trust and faith in God and strengthens against the temptations of the evil one, the temptation to discouragement and anguish... (it is) meant to lead the sick person to healing of the soul, but also of the body if such is God's will.*" Notice two places of healing. What are they?