

MAKE-UP FOR SESSION 11: RECONCILIATION

- There are three forms for the Sacrament of Reconciliation. For this make-up you will be asked to make a plan for the Form II Rite of Reconciliation with several penitents and individual confession and absolution.
- For this make-up project you will prepare part of a teen-friendly, Reconciliation service and you have five tasks.
 1. Choose a scripture passage that will focus your Reconciliation service.
 2. Select a piece of music that will be meaningful for the service and also speak a teen audience.
 3. Write a homily and reflection on the scriptures that will speak to a teen audience.
 4. Write an examination of conscience.
 5. Write an Act of Contrition.

Task 1- Select Scripture: You may select any part of the Bible that you see fit, however, I have provided a few popular passages. The rite suggests that God's voice is to be heard, calling his people back to conversion and ever closer conformity with Christ; the scripture should call to mind the mystery of our reconciliation through the death and resurrection of Christ and through the gift of the Holy Spirit; and it brings to bear on people's lives God's judgment of good and evil as a light for the examination of conscience.

Some popular readings:

- The parable of the Lost Sheep (Mathew 18:10-14)
- The parable of the Prodigal Son (Luke 15:11-32)
- Two men praying in the temple (Luke 18:9-14)
- How often should one forgive another? (Matthew 18:21-35)
- Zacchaeus the Tax Collector (Luke 19:1-10)
- At Crucifixion (Luke 23:39-42)
- "On these two commandments the whole law and the prophets depend..." (Matthew 22:34-40)
- Before brining your gift to the altar (Matthew 5:23-26)

Task 2- Select a Song: When the faithful have assembled, they may sing a song. The song often sets the mood and prepares the penitents for the graces of the sacrament.

Please turn this in as an mp3 and include a copy of the lyrics.

Task 3- Write a Homily: The homily, taking as its source the scriptural text, should lead the penitents to examine their conscience and to turn away from sin and toward God. It should remind the faithful that sin works against God, against the community and one's neighbors, and against the person of the sinner. Therefore, it would be good to recall:

- a. the infinite mercy of God, greater than all our sins,
- b. the need for inner repentance,
- c. the social dimension of grace and sin; grace and sin affect the whole body of Christ, when one is joyous we are all joyful; likewise when one is in sin the whole of us are less because of the sin,
- d. the duty of penance, the exercise of true charity toward God and neighbor.

Your homily should be about the length of a five paragraph essay or if you would like to say your homily it should be about five minutes long, you may record and attach as an mp3.

Task 4- Write an Examination of Conscience: A period of time is usually spent in making an examination of conscience and in arousing true sorrow for sins. Following this make-up outline are three samples of examination of consciences; one based on the Ten Commandments, one looking at the three great teaching of Jesus, and one for children.

Your examination of conscience should be at least one page long, and it should ask questions relevant to teens.

Task 5- Write an Act of Contrition: Many times I hear people say they would like to go to the Sacrament of Reconciliation but they forgot how to say **THE** Act of Contrition. There is no **one** and only Act of Contrition, there are hundreds of them. Below I have included some samples. An Act of Contrition is a fourfold prayer:

- It calls upon God
- Admits to being sinful
- Asks for forgiveness
- Asks for support to avoid future sin

Your Act of Contrition should be at least four sentences long and be a prayer you would feel comfortable saying.

This make-up is due by March 31 to dponnet@holyfamily.org

Sample: Examination of Conscience

EXAMINATION OF CONSCIENCE (based on the Ten Commandments)

1. I am the Lord your God. You shall not have strange gods before me.

- Do I give God time every day in prayer?
- Do I seek to love Him with my whole heart?
- Have I been involved with superstitious practices or have I been involved with the occult?
- Do I seek to surrender myself to God's word as taught by the Church?
- Have I ever received communion in the state of mortal sin?
- Are there other "gods" in my life? Money, Security, Power, People, etc.?

2. You shall not take the name of the Lord your God in vain.

- Have I used God's name in vain: lightly or carelessly?
- Have I been angry with God?
- Have I wished evil upon any other person?
- Have I insulted a sacred person or abused a sacred object?

3. Remember to keep holy the Lord's Day.

- Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- Have I tried to observe Sunday as a family day and a day of rest?
- Do I do needless work on Sunday?

4. Honor your father and your mother.

- Do I honor and obey my parents?
- Have I neglected my duties to my spouse and children?
- Have I given my family good religious example?
- Do I try to bring peace into my home life?
- Do I care for my aged and infirm relatives?

5. You shall not kill.

- Have I had an abortion or encouraged or helped anyone to have an abortion?
- Have I physically harmed anyone?
- Have I abused alcohol or drugs?
- Did I give scandal to anyone, thereby leading him or her into sin?
- Have I been angry or resentful?
- Have I harbored hatred in my heart?
- Have I mutilated myself?
- Have I participated in or approved of euthanasia?

6. You shall not commit adultery.

- Have I been faithful to my marriage vows in thought and action?
- Have I engaged in any sexual activity outside of marriage?
- Do I seek to control my thoughts and imaginations?
- Have I respected all members of the opposite sex, or have I thought of other people as mere

objects?

-Do I seek to be chaste in my thoughts, words, actions?

-Am I careful to dress modestly?

7. *You shall not steal.*

-Have I stolen what is not mine?

-Have I returned or made restitution for what I have stolen?

-Do I waste time at work, school, and home?

-Do I gamble excessively, thereby denying my family of their needs?

-Do I pay my debts promptly?

-Do I seek to share what I have with the poor?

-Have I cheated anyone out of what is justly theirs, for example creditors, insurance companies, big corporations?

8. *You shall not bear false witness against your neighbor.*

-Have I lied? Have I gossiped?

-Do I speak badly of others behind their back?

-Am I sincere in my dealings with others?

-Am I critical, negative or uncharitable in my thoughts of others?

-Do I keep secret what should be kept confidential?

-Have I injured the reputation of others by slanders?

9. *You shall not desire your neighbor's wife.*

-Have I consented to impure thoughts?

-Have I caused them by impure reading, movies, television, conversation or curiosity?

-Do I pray at once to banish impure thoughts and temptations?

-Have I behaved in an inappropriate way with members of the opposite sex: flirting, being superficial, etc.?

10. *You shall not desire your neighbor's goods.*

-Am I jealous of what other people have?

-Do I envy the families or possessions of others?

-Am I greedy or selfish?

-Are material possessions the purpose of my life?

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EXAMINATION OF CONSCIENCE (based on the three Great Commands of Jesus)

I. The Lord says: "You shall love the Lord your God with your whole heart."

- Is my heart set on God, loving God above all things, faithful to the commandments? Or, am I more concerned with the things of this world? Have I been careful to grow in my understanding of the faith, to hear God's word, to listen to instructions on the faith? Have I professed my faith in God and the Church? Have I been willing to be known as a Christian in private and public life?
- Do I pray? Do I offer God my difficulties, my joys and my sorrows? Do I turn to God in times of temptation?
- Have I love and reverence for God's name?
- Do I keep Sundays and feast days holy by taking a full part in the liturgy? Have I fulfilled the precept of annual confession and of communion during the Easter season?
- Are there false gods that I worship by giving them greater attention and deeper trust than I give to God: money, superstition, spiritism, or other occult practices?

II. The Lord says: "Love one another as I have loved you."

- Have I a genuine love for my neighbors?
- In my family life, have I contributed to the well-being and happiness of the rest of the family by patience and genuine love? Have I been obedient to parents; careful to give a Christian upbringing to my children; faithful to my husband or wife in my heart and in my relations with others?
- Do I share my possessions with the less fortunate? Do I do my best to help the victims of oppression, misfortune and poverty? Do I help the poor, the sick, the elderly, strangers?
- Does my life reflect the mission I received in baptism? To share in the apostolic and charitable works of the Church and in the life of my parish?
- Am I concerned for the good and prosperity of the human community in which I live? Have I done my duty as a citizen?
- In my work or profession, am I just, hard-working, honest, serving society out of love for others? Have I paid a just wage to my employees? Have I been faithful to my promises and contracts?
- Have I obeyed legitimate authority and given it due respect?
- If I am in a position of responsibility or authority, do I use this for my own advantage? or for the good of others, in a spirit of service?
- Have I been truthful and fair, or have I injured others by lies, detraction, rash judgment, or violation of a secret?
- Have I done violence to others by damage to life or limb, reputation, honor or material possessions? Am I estranged from others through quarrels, insults, anger? Have I been guilty of refusing to testify to the innocence of another?
- Have I stolen the property of others? Have I desired it unjustly? Have I damaged it?
- If I have been injured, have I been ready to make peace for the love of Christ and to forgive, or do I harbor hatred and the desire for revenge?

III. Christ our Lord says: "Be perfect as your Father is perfect."

- Where is my life leading me? Is the hope of eternal life my inspiration?
- Have I tried to grow in the life of the Spirit through prayer, reading the word of God and meditating on it, receiving the sacraments?
- Have I been proud and boastful, despising others as less important than myself?
- Have I imposed my own will on others without respecting their freedom and rights?
- What use have I made of time, of health and strength, of the gifts God has given me?
- Have I been patient in accepting the sorrows and disappointments of life?

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EXAMINATION OF CONSCIENCE (for Children)

Did I pay attention at Mass?

Have I fooled around in Church?

Did I say my prayers every day?

Did I say mean things to my mom or dad?

Did I always say "Thank You" to people?

Am I hard to get along with (during school, at Grandma's, at home)?

Did I do what my mom and dad told me to do? My teacher?

Was I lazy around the house?

Did I do my chores?

Did I hurt others people's feelings by calling them bad names?

Have I started fights with my brothers and sisters at home?

Have I blamed other people for things I do?

Did I get other people into trouble?

Do I hit people when I get mad?

Have I forgiven people? Or am I holding a grudge?

Have I cheated or been unfair in games?

Did I refuse to play with someone for no good reason?

Was I was lazy about my schoolwork?

Did I fail to do my homework?

Did I cheat in school?

How many times did I lie to my parents? My teachers? My friends?

Did I take anything that didn't belong to me?

Did I avoid medicine? Did I refuse to eat food I didn't like?

Sample: Act of Contrition

Oh my God,
I am hearty sorry for having offended thee
And I detest all my sins because of thy just punishments
But most of all because it offended thee my God,
who is all good and deserving of my love.
I firmly resolve with the help of your grace to do no wrong
And avoid the near occasion of sin.
Amen.

Oh 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. Amen.

I confess to almighty God, and to you,
my brothers and sisters, that I have
sinned through my own fault
in my thoughts and in my words,
in what I have done,
and in what I have failed to do;
and I ask blessed Mary, ever virgin,
all the angels and saints,
and you, my brothers and sisters,
to pray for me to the Lord, our God.