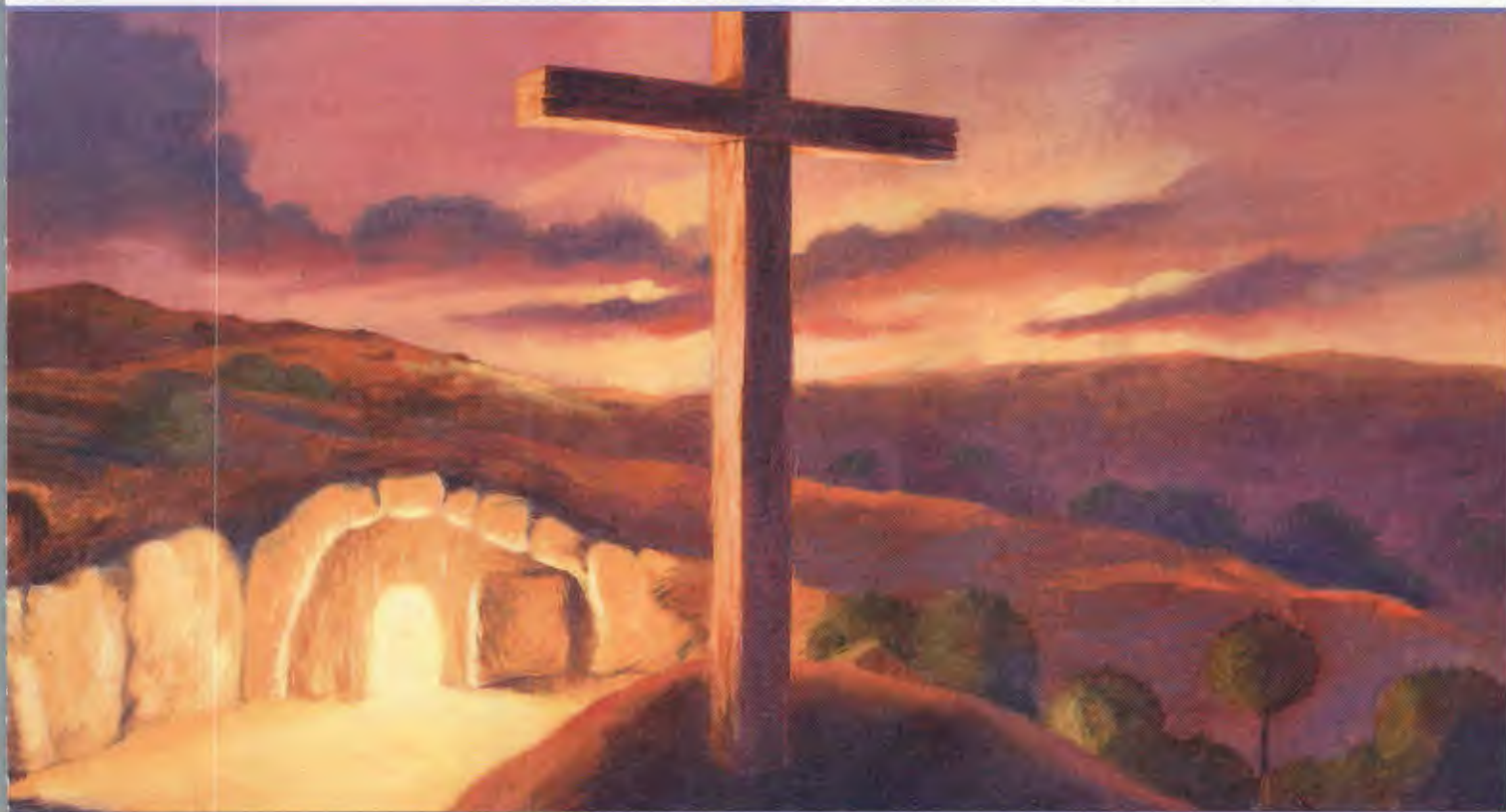


ALIVE IN CHRIST

GRADE 7

Jesus Christ and the New Testament

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Our Sunday Visitor

Sacraments of Healing

Let Us Pray

Leader: God, you reach out to us in loving forgiveness. Your love heals all of our hurts. Be with us as we turn to you for healing and forgiveness.

“Look upon my affliction and suffering;
take away all my sins.” **Psalm 25:18**

All: God, please heal us and help us to forgive.

Scripture

“So whoever is in Christ is a new creation: the old things have passed away; behold, new things have come. And all this is from God, who has reconciled us to himself through Christ and given us the ministry of reconciliation, namely, God was reconciling the world to himself in Christ, not counting their trespasses against them and entrusting

to us the message of reconciliation. So we are ambassadors for Christ, as if God were appealing through us. We implore you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who did not know sin, so that we might become the righteousness of God in him.”

2 Corinthians 5:17–21

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Have you ever thought...

- What does it mean to be a new creation in Christ?
- How is forgiveness the key?

DESIGN

Forgiveness is Key We don't have to travel far and wide to be ambassadors for Christ (see 2 Corinthians 5:20). We can practice forgiveness and reconciliation every day, where we are. What do you believe about forgiveness? Design a "forgiveness key" that symbolizes what you believe about forgiveness, and that you can symbolically carry with you as an ambassador for Christ.



What "doors" in your life can be opened by this key?

A Merciful God

Why can we count on God's forgiveness and healing?

At some point or another, each of us realizes that we've done something we regret, or that we have been blaming a friend or parent for something that really isn't his or her fault.

We might be confused and worried about someone who is in pain, needing help to get through a really difficult time, or facing an illness. At times like these, we need to give or receive compassion, hope, and possibly forgiveness. And God can give us all of these. Jesus shows us that God's compassion does not end.



Scripture

"Jesus went around to all the towns and villages, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness. At the sight of the crowds, his heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd." **Matthew 9:35-36**

The Gospels are filled with accounts of Jesus healing those who were sick, and forgiving the sins of those who truly believed. Whether they were emotional, spiritual, or physical healings, these life-changing events had a tremendous impact. Most people believed, changed their lifestyles, and went out to tell others about Jesus and his message.

Always There

God is always there to heal us spiritually (when we feel separated from God), emotionally (when we're in psychological pain), and physically (when we are sick or injured). Because Jesus forgave sinners and healed the sick, we know that's just the way God is—forgiving and eager to heal. The Church celebrates Jesus' forgiveness and healing in two Sacraments of Healing: the Sacrament of Reconciliation and the Sacrament of the Anointing of the Sick.

➤ **How could your day be different if you remembered God's compassion for you and his desire to heal and forgive?**



Holding Ourselves Up to the Light

Did you ever put on a “clean” T-shirt only to discover spots in the light? When we hold ourselves up to the light of Christ, we all have “spots”: bad attitudes, grudges, prejudices, emotional wounds, bad memories, and sins. With God’s help we recognize and admit our need for and desire to change. We are open to conversion.

Conversion can mean many things:

- a return to God, sorrow for sin, trust in God’s mercy, commitment to do better in the future, rooting out bad habits, and more.
- making ourselves more and more like Christ.
- ongoing, always possible, always needed.
- goes together with repentance.

Repentance, also called **contrition**, is being truly sorry for disobeying God and committing to try not to sin again. If contrition comes out of love for God above all things, it is called “perfect”; if someone is sorry for sins because they feel guilty or are afraid of the punishment, it is called “imperfect contrition.” Both are promptings of the Holy Spirit in us, moving us to seek forgiveness. We sometimes stray from the path by venial sin, which weakens our relationship with God.

Catholic Faith Words

contrition true sorrow for disobeying God and the commitment to try to avoid sin in the future

Penance and Reconciliation the Sacrament of Healing that celebrates God’s mercy and forgiveness and a sinner’s reconciliation with God and the Church through absolution from a priest

Some people may walk away from God (through a grave, or mortal sin). The Sacrament of **Penance and Reconciliation**—also called the Sacrament of conversion, confession, or penance—is the Sacrament of forgiveness for sins committed after Baptism. Required for the forgiveness of mortal sin and recommended for the forgiveness of venial sin, it is a sure way to get back on the path of conversion.

DESCRIBE

In what ways have you been (or could be) open to conversion? Describe one or two conversions you have been through that improved the way you walk with God. Try finishing this phrase:

I used to (think/feel/believe/try to)

but now I

and it has helped my relationship with God because

Reconciliation

What are the rites and effects of this Sacrament?

Today the Church celebrates the Sacrament of Penance and Reconciliation in three ways, with one form for the Rite for Reconciliation of Individual Penitents, and two for Several Penitents.

No matter which Rite (see page 371 in the Our Catholic Tradition section of your book) is used in the celebration of the Sacrament of Penance and Reconciliation, it always contains four important elements: contrition, confession, **penance**, and **absolution**.



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Catholic Faith Words

penance the name for the prayer, offering, or good work the priest gives you in the Sacrament of Reconciliation

absolution words spoken by the priest during the Sacrament of Penance and Reconciliation to grant forgiveness of sins in God's name

The Sacrament of Penance and Reconciliation

Contrition	•	• An action or prayer given by the priest as a way to repair the harm caused by sin and to become a stronger disciple of Christ.
Confession	•	• Involves an examination of conscience, realization of sin, and true sorrow along with a desire to try to do better in the future.
Penance	•	• The words spoken by the priest during the Sacrament to grant forgiveness of sins in God's name.
Absolution	•	• An essential element of the Sacrament of Penance and Reconciliation, this is telling one's sins to the priest.

Match the part of the Sacrament of Penance and Reconciliation with its effect.



Whether the Sacrament takes place with an individual meeting with the priest for the entire celebration, or with a group of penitents gathering together for prayers and reflection, with individual confession and absolution, there is a similar structure to the celebration.

- gathering
- reading Scripture
- expressing contrition
- confessing sin individually and privately to a priest who can forgive sins in Christ's name by the authority of the Church. Priests cannot tell anyone what you have told them; this is called the Sacramental Seal of Confession.
- receiving a penance and having sins absolved by a priest
- praising God

You might be thinking you don't want to tell someone all the things you've done. But you need to remember that you are actually talking to Christ when you talk to the priest. And there are so many spiritual benefits from receiving the Sacrament: reconciliation with God and the Church, freedom from eternal separation from God, a peaceful conscience, spiritual help and guidance, and strength to live as a disciple of Christ.

CREATE

Turn to page 373 to review the Ten Commandments. Using the Commandments as a guide, create an examination of conscience. On the lines below, write a reflection question that corresponds to two different Commandments.

Let Go

Sometimes we hold a grudge as bitter revenge for our hurt feelings even if the person who hurt us is unaware. The same might be true of prejudices, bad memories, emotional wounds, and psychological scars. We become like Saint Peter, who wondered how many times he absolutely had to forgive. Or we're like the Unforgiving Servant who was excused a huge debt, but wouldn't let go of a small debt someone owed him. (See Matthew 18:21–35.)

Go to the Source

Read the Parable of the Unforgiving Servant found in Matthew 18:21–35. Do you feel more like Peter, the Unforgiving Servant, or the person who owes? What is your favorite line in the parable? Why?

Consider these ways to become freed from emotional pain.

- When angry or vengeful thoughts pop into your mind, redirect your thoughts and adrenaline through activity or prayer.
- Talk with your parents or a mentor, a trusted friend, or an older sibling.
- Talk to your parents and ask if they think you should talk to a counselor if other things aren't working.



Anointing of the Sick

What are the rituals and effects of this Sacrament?

In the District of the Decapolis, people brought a man with a hearing loss and a speech impediment to Jesus. At Bethsaida people brought a man who was blind. When the people of Gennesaret saw Jesus, they scurried about to bring the sick on mats. Wherever Jesus went, people counted on his power to heal. Fortunately, Jesus left his power to heal in his Church.

Healing the sick was so much a part of the life of Jesus that the first thing the seventy-two disciples were told to do was “Cure the sick” in each town, “and say to them, “The kingdom of God is at hand for you”” (Luke 10:9). They had the simple faith to follow his example.

The early Church continued the practice of curing the sick. The letter of James tells us about praying over sick people and anointing them. We learn that the faith of the community is essential for healing to take place.

Scripture

“Is anyone among you suffering? He should pray. Is anyone is good spirits? He should sing praise. Is anyone among you sick? He should summon the presbyters of the church and they should pray over him and anoint [him] with oil in the name of the Lord, and the prayer of faith will save the sick person, and the Lord will raise him up. If he has committed any sins, he will be forgiven.”

James 5:13–15

The Church does the same today in the **Anointing of the Sick**. When someone falls seriously ill or the illness worsens, or when someone is in danger of death, they are invited to seek the prayers and anointing of the Church. Only priests can administer the Sacrament, using oil consecrated by the bishop during Holy Week. The ritual consists of laying on of hands and anointing the forehead and hands while praying for the grace of the Sacrament to strengthen the person to be able to handle the difficulties of serious illness or old age.

Why It's Important

What do you think of when you hear words like courage, health, peace, grace, and suffering? Probably a whole range of things. These words can be used to describe the effects of the Anointing of the Sick.

This Sacrament has a tremendous impact on those who receive it, and that's why the Church wants to make sure that everyone knows that this Sacrament is for anyone who is seriously sick, no matter the age or reason.

As in all the Sacraments, the Anointing of the Sick gives a special grace to the person who receives it. In this Sacrament, the person who is sick is united to Christ's suffering and receives spiritual healing. That's pretty amazing when you think about it. The Son of God actually suffered, and so God understands our suffering. And, because new life comes from Jesus' suffering, people are connected to his new life in this Sacrament.

Catholic Faith Words

Anointing of the Sick one of the Sacraments of Healing for people who are seriously ill or in danger of dying. In the Sacrament, the person's forehead and hands are anointed with the blessed oil of the sick.

The Sacrament gives courage, peace, and spiritual healing to endure suffering or old age, and sometimes health is restored. For those who are near death, the Sacrament helps prepare them and their sins are forgiven if they are unable to receive Penance.

CONSIDER

We sometimes want to help someone who is sick, but don't know how to do it. One way is to simply say, "I will keep you in my prayers, okay?" or "I'll say a prayer for you." Think of some other ways you can reach out to those who are sick.



IN SUMMARY Catholics Believe

We know that God heals us spiritually, emotionally, and sometimes physically in the Sacraments of Healing.

- Jesus' words and actions show us that God is compassionate, always willing to forgive and care for those who are willing to turn to him and believe.
- In the Sacrament of Penance and Reconciliation, those who are truly sorry for their sins receive God's forgiveness and are reconciled with him and the Church.
- In the Sacrament of the Anointing of the Sick, those who are seriously ill or are suffering from old age receive God's grace to be strong, courageous, and hopeful in their trials.

Our Catholic Life

Giving and receiving **forgiveness** is an important way we can show the work and grace of God in our lives. Remember how you have felt when you've been forgiven for something or chosen to forgive someone else for hurting you. When you are in emotional or physical pain, or need to be forgiven, you can always turn to God in prayer. If you need to forgive someone, ask God to help you do that, too. It is one of the Precepts of the Church to receive the Sacrament of Penance and Reconciliation at least once a year to have your personal sins forgiven and your relationships with God and the Church healed. Parishes often have Reconciliation services during the seasons of Advent and Lent.



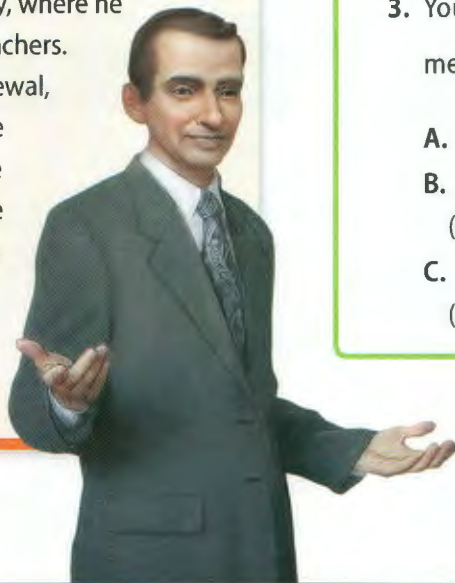
➤ How would you describe Reconciliation to someone who is nervous about confessing their sins?

People of Faith

Blessed Carlos Manuel Cecilio Rodriguez Santiago, 1918–1963

As a child in Puerto Rico, Carlos Santiago began experiencing symptoms of an illness from which he would suffer for the rest of his life. However, it never undermined his commitment to Christ and his Church. Carlos used his modest salary as a translator to publish two Christian magazines. He also worked at a university, where he evangelized students and teachers. He encouraged liturgical renewal, and many of his reforms were adopted by the Church at the Second Vatican Council in the 1960s. The Church celebrates his feast day on **July 13**.

For more, go to aliveinchrist.osv.com



IDENTIFY

You can keep in mind the benefits of forgiveness by turning back to your Bible when you are struggling. Use your Bible to match the beginnings of these scriptural quotes to the correct endings.

1. Forgiving one another . . . _____
 2. I have brushed away your offenses like a cloud . . . _____
 3. You are a forgiving God, gracious and merciful . . . _____
- A. your sins like a mist. (Isaiah 44:22)
 B. slow to anger and rich in mercy. (Nehemiah 9:17)
 C. as God has forgiven you in Christ. (Ephesians 4:32)



Psalm of Lament

Leader: Be with us, O God,
As we sit here in quiet,
as we look deep inside at the ways
we have turned away from you.

Side 1: The Lord is my light and my salvation;
whom should I fear?

The Lord is the stronghold of my life:
of whom should I be afraid?

Side 2: One thing I asked of the Lord,
that will I seek after:
to live in the house of the Lord
all the days of my life,
to behold the beauty of the Lord,
and to inquire in his Temple.

Side 1: For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will set me high on a rock.

Side 2: Hear, O Lord, when I cry aloud,
Be gracious to me and answer me!
“Come,” my heart says, “seek his face!”
Your face, Lord, do I seek.
Do not hide your face from me.
You are my salvation; do not cast me off!
Do not forsake me, God my savior!

Based on Psalm 27:1, 4, 5, 7, 9


Leader: O God of all goodness,
Your love heals all.

Come now and be with us, as we turn
toward you.

Help us to be patient when we stumble
and fall,
help us to be forgiving of ourselves and
each other.

Strengthen our determination to be more
and more like Jesus.

All: Amen.

 *Sing or play “The Lord Is My Light and My Salvation”*

Go to aliveinchrist.osv.com for an interactive review.

A Work with Words Complete each sentence with the correct term from the Word Bank.

Baptism	contrition
Penance and Reconciliation	forgiveness
Anointing of the Sick	conversion
suffering	Eucharist

- The Sacrament of _____ consists of laying on of hands and anointing a person's forehead and hands with oil while praying for the grace of the Sacrament to strengthen the person.
- _____ is being truly sorry for disobeying God and committing oneself to avoid sin in the future.
- The Sacrament of _____ is the Sacrament of forgiveness for sins committed after Baptism. It celebrates God's mercy and forgiveness and reconciles a sinner with God and the Church.
- In the Sacrament of Anointing of the Sick, the sick person is united to Christ's _____.
- _____ can mean many things: a return to God, sorrow for sin, trust in God's mercy, commitment to do better in the future, and more.

B Check Understanding Indicate whether the following statements are true or false. Then rewrite false statements to make them true.

- Perfect conversion comes out of love for God above all things. **True/False**

- The Sacrament of Penance and Reconciliation is required for forgiveness of mortal sin committed after Baptism and recommended for forgiveness of venial sin. **True/False**

- The Sacrament of Penance and Reconciliation always includes contrition, confession, anointing, and absolution. **True/False**

- Priests in confession cannot tell anyone what you have told them; this is called the Sacramental Seal of Confession. **True/False**

- Only priests can give the Sacrament of Reconciliation using the oil consecrated by the bishop during Holy Week. **True/False**

C Make Connections On a separate sheet of paper, write a one-paragraph response to the question: Write about a time when someone forgave you or a time when you forgave someone. What was the experience of forgiveness like, and how did it affect your relationship with that person?