

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sacrament of Reconciliation or Penance

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

God gives people the freedom to make choices.

The Holy Spirit helps one make right choices.

If there is sorrow, God will always forgive one for making wrong choices.

The gift of forgiveness of sins has its origin when Jesus appeared to the apostles after the resurrection.

The sacrament of reconciliation is a sign of God's mercy and love and is a celebration of God's love and forgiveness.

Reconciliation frees one from sin and gives grace, God's own life.

WE BELONG

The sacrament of healing in which sins are forgiven is called penance, reconciliation or confession.

The sacrament of reconciliation is the ordinary means of sacramental forgiveness.

The sacrament of reconciliation welcomes one back to close friendship with God and the community.

The priest has the authority to forgive sins in the sacrament of reconciliation.

The seal of confession requires the priest to not reveal sins confessed in the sacrament.

Reconciliation is necessary for the forgiveness of mortal sin and helpful for the forgiveness of venial sin and the strengthening of virtue.

WE RESPOND

Sin damages (venial) or breaks (mortal) one's relationship with God, self, and others.

An examination of conscience helps one prepare for the sacrament of reconciliation.

The Ten Commandments are God's laws and are good guides for making an examination of conscience.

The steps in the Rite of Reconciliation are: confessing sins, accepting a penance, praying an Act of Contrition, receiving absolution and doing the penance given.

Regular confession is a way to grow in faith.

Penance is a way to make up for one's sins.

Show one's understanding of reconciliation and forgiveness by being able to retell the Scripture stories:

Prodigal Son/Loving Father

Lost Sheep

Good Shepherd

Zacchaeus

Deepen one's relationship with God by knowing the following prayers:

Sign of the Cross

Lord's Prayer

Hail Mary

Glory Be

Act of Contrition

Show one's knowledge of the sacrament of reconciliation by being familiar with the following terms:

absolution

confess

conscience

contrition

examination of conscience

forgiveness

grace

sin (mortal sin, venial sin)

penance

reconciliation

sorrow

temptation

virtue

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sacrament of Eucharist

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

Jesus blessed food before he gave it to people.

At the Last Supper, Jesus changed bread and wine into His body and blood.

Jesus is truly present in the Blessed Sacrament.

Jesus is the Bread of Life.

The sacrament of the body and blood of Jesus is called the Eucharist.

WE BELONG

The Eucharist is both a meal and sacrifice.

The two great parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist.

The Mass commemorates Jesus' sacrifice.

The bread and wine of the Eucharist are consecrated by the priest; through the power of the Holy Spirit, the gifts of bread and wine truly become the Body and Blood of Jesus.

The priest repeats Jesus' words and actions in the Eucharistic prayer.

WE RESPOND

Jesus gives himself as food at every Mass.

The Mass is the most important prayer of the Catholic Church.

Sunday is to be honored as a holy day as it celebrates the resurrection of Jesus.

At Mass, the Last Supper is remembered; one shares the Body and Blood of Jesus in Holy Communion.

In the Liturgy of the Eucharist, the community gives thanks for Jesus' death and resurrection.

Show one's understanding of Eucharist by being able to retell the Scripture stories:

Multiplication of loaves and fishes

Last Supper

Emmaus story

Deepen one's relationship with God by knowing the following prayers:

Sign of the Cross

Lord's Prayer

Hail Mary

Glory Be

Responses of the Mass

Show one's understanding of the sacrament of Eucharist by being familiar with the following terms:

altar

Blessed Sacrament

body and blood of Christ

bread

chalice

ciborium

communion

consecrate

Eucharist

fasting

grace

host

last supper

Liturgy of the Word

Liturgy of the Eucharist

Mass

paten

Sacrament of Eucharist

sacrifice

tabernacle

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

SACRAMENT OF CONFIRMATION

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

God's initiative of salvation is never-ending.

The Holy Spirit is the third person of the Blessed Trinity sent by the Father and Son to live within and guide each person and to unite God's people in faith.

The Holy Spirit strengthens one's relationship with Jesus and empowers one to proclaim the person and the mission and ministry of Jesus to the world.

The Holy Spirit enlightens one's choices so that one will come to recognize the will of God in one's life.

The seven gifts of the Holy Spirit help sustain the moral life of Christians.

WE BELONG

In baptism one is called to holiness and becomes a member of the Church and parish community.

The seven sacraments touch all stages and important moments in the lives of Catholics.

Confirmation, as one of the three sacraments of initiation, completes the sacrament of baptism, and with the help of the Holy Spirit, helps one to continue on one's lifelong faith journey.

Like baptism, the sacrament of confirmation is celebrated only once.

In the Western Church, through the sacrament of confirmation one's baptism is confirmed and one is strengthened in baptismal grace.

In the Eastern Churches, Confirmation is called Chrismation and is administered immediately after Baptism and followed by Eucharist.

The liturgical gesture of the imposition of hands symbolizes the confirming of the divine power of the Holy Spirit.

The anointing with oil symbolizes the strength given to a chosen one of God.

Being marked with the sign of the cross is a reminder that one shares in the life, death and resurrection of Christ.

In the Latin rite, the ordinary minister of confirmation is the bishop.

Godparents and sponsors represent the Christian community and are to be models of faith.

The parish faith community has a responsibility to witness to and foster the faith of its members.

WE RESPOND

The grace of baptism is deepened in the sacrament of confirmation.

Each confirmed person is empowered with the gifts of the Holy Spirit so that he or she may be better able to participate in the mission and ministry of Jesus by sharing his or her faith with others.

One's faith journey is a lifelong process.

The "Amen" response is the candidate's renewal of one's baptismal promises and personal affirmation of his or her desire to be a witness of Christ to the world and to participation in the life of the Church.

The theological virtues of faith, hope and love are gifts from God that dispose one to live in close relationship with the Holy Trinity.

The practice of good habits, or virtues, leads one to good relationships with God, self and others.

The four cardinal virtues—prudence, justice, fortitude and temperance—guide one's conduct to be in accord with reason and faith.

When one is open to the workings of the Holy Spirit, one is enriched with the fruits of the Holy Spirit.

Through the sacrament of confirmation one makes a deeper personal commitment to become more involved in the life of the Church.

One will be able to tell the following Scripture story and its meaning:

Pentecost

One will be familiar with the following words:

Amen

fruits of the Holy Spirit

gifts of the Holy Spirit

holiness

lifelong faith journey

mission and ministry of Jesus

Pentecost

sacraments of initiation

sponsor

virtue