



Forgiveness and Discipleship: Sacraments of Healing and Service

Before You Begin

- Print the Chapter 7 BLM: Graces for the Journey found at the end of this document.
- Have a Bible available during the session for reference.
- Have note cards available to make a Reconciliation reminder card.
- Download and print the Chapter 7 Prayer Service: Heal Us, O Lord.

Engage: Page 49

- ◆ Read aloud the chapter title and the opening questions on page 49. Share your own experiences of feeling overwhelmed and invite your child to do the same. Share any coping mechanisms you may have.
- ◆ Say: **When we are ill or feel overwhelmed, it is comforting to have someone care for our needs and show us love. God loves and cares for us too. One way we experience his support and helping grace is through the sacraments.**
- ◆ Read aloud the Scripture passage at the bottom of page 49. Say: **In this passage, Jesus shows he understands that we are not perfect. He knows we sometimes make wrong choices, but he makes it clear that he wants to help us live better lives. He comes to heal our hurts, show us how to love one another, and lead us on the path to eternal life.**
- ◆ Pray together the Act of Contrition, which can be found on page 92.

Explore: Pages 50–55

- ◆ Read aloud the section *Help Along the Way* at the top of page 50. Say: **The Sacraments of Healing and the Sacraments of Service give us the strength and guidance we need to grow spiritually and to live our Catholic faith.**
- ◆ Read aloud the title *Sacraments of Healing* and have your child read the rest of the pages. Ask: **In what ways is Jesus like a doctor?** (Possible answers: *He healed people of their illnesses, both physical and spiritual. He made them feel better.*) Say: **When we receive the Sacraments of Healing, our sins are forgiven. This forgiveness heals the brokenness of our relationship with God.**
- ◆ Have your child complete the *My Turn* activity at the bottom of the page and the Chapter 7 BLM: Graces for the Journey. Have your child describe in his or her own words how each category of sacraments helps us live better lives.
- ◆ Read aloud the first two paragraphs of *Penance and Reconciliation* on page 51. Discuss with your child what the terms *confession*, *penance*, and *contrition* mean in relation to the Sacrament of Reconciliation. Then have your child read the section *Reading the Signs of Reconciliation*.

- ◆ Take turns reading the section titled *The Rite of Reconciliation* on page 51. Say: **Becoming familiar with the order of the steps in the Rite of Reconciliation can help you be more comfortable participating in the sacrament.**
- ◆ Have your child read *Reconciling with God and Others* on page 87. Invite your child to make his or her own Reconciliation reminder card by recording the steps of the rite on a note card.
- ◆ Have your child complete the following sentence: *When I am sick, I feel . . .* Say: **Being physically sick affects not just our body; it can also affect how we think and feel.** Have your child read the first two paragraphs of *The Anointing of the Sick* on page 52.
- ◆ Take turns reading the section *Reading the Signs of the Anointing of the Sick*. Explain that the sacrament provides spiritual healing, giving the recipient an inner strength to confront the physical results of his or her illness. Have your child complete the *My Turn* activity.
- ◆ Read aloud the section titled *The Rite of Anointing of the Sick* on page 53. Read aloud the words said by the priest during the anointing with oil. Ask: **If you were receiving the anointing, how do you think these words might make you feel?** (*Answers will vary. Possible answers: relieved, blessed, comforted*)
- ◆ Read aloud the first paragraph of *The Sacraments of Service*. Point out the sentence, “We are happiest when we serve others.” Ask: **In what ways might a married person put the needs of others first? In what ways do ordained men put the needs of others first?** (*Possible responses: thinking about your partner, caring for children; shepherding a congregation*)
- ◆ Take turns reading aloud the section titled *Matrimony* on page 54. Say: **The vows taken in marriage involve a permanent commitment between a man and a woman and God. The priest stands as an official witness, representing Christ and Christ’s Church.**
- ◆ Read aloud the first paragraph of *Holy Orders* on page 54. Ask: **In what ways do bishops, priests, and deacons act “in the person of Christ”?** **Encourage your child to provide specific examples.** (*Possible answers: when they are involved in the consecration at the Eucharist; when they administer the other sacraments*) Share with your child the name of the bishop or archbishop of your diocese.
- ◆ Take turns reading aloud the sections *Reading the Signs of Holy Orders* and *The Rite of Ordination* on page 55. Say: **Men ordained as permanent deacons work in parishes to proclaim the Gospel and serve the needs of God’s people. Unlike priests, permanent deacons may be married.** Explain that if widowed after ordination, deacons may not remarry unless given special permission to do so. Have your child complete the *My Turn* activity at the bottom of the page.

Sacred Sign: Page 53

- ◆ Have your child read aloud the *Sacred Sign* feature on page 53. Point out that this gesture signifies the moving of the Holy Spirit to heal and strengthen the sick person.
- ◆ Say: **We find many examples in the Gospel of how Jesus healed people.** Look for example of Jesus healing others in the Gospels

Rite: Page 54

- ◆ Have your child read aloud the *Rite* feature on page 54. Point out that even though the priest or deacon is not conferring the sacrament, he plays an important role in the rite.
- ◆ Say: **The priest or deacon says a blessing over the rings before the couple exchanges them. One option for this blessing is, “May the Lord bless these rings which you give to each other as a sign of your love and fidelity.”**

Witness: Page 55

- ◆ Have your child read aloud the *Witness* feature on page 56. Explain that Saint Augustine is one of the best-known saints even though he made poor choices early in his life. Say: **In Saint Augustine, we find a role model who struggled with many temptations. He was not perfect. After realizing that worldly pleasures only left him with a deeper emptiness, Augustine began a new life in Christ and went on to do great works in God's name.**

Reflect

- ◆ Have your child reflect on what he or she has learned about the Sacraments of Healing and the Sacraments of Service. Say: **The Sacraments of Healing and the Sacraments of Service provide for us ongoing strength, comfort, companionship, and purpose. Through the sacraments, we receive God's grace in ways that make our lives fuller and more meaningful.**
- ◆ Proceed to your family's prayer space. A prayer space can be a simple table on which you place a Bible, crucifix, statue, icon, or another religious icon. Invite your child to assist you in creating this sacred space.
- ◆ Distribute copies of the Chapter 7 Prayer Service: Heal Us, O Lord. Choose who will read the parts for Leader. You and your child will both read the parts labeled "All." Lead by example, participating actively and with reverence.
- ◆ To prepare your child to pray, remind him or her that one way we can show our love for our family members is to hold each of them in our hearts as we pray.
- ◆ Pray together the prayer service, following your assigned roles. Adapt it to your circumstances if needed. Observe the periods of silence and keep a prayerful pace. Allow time in between sections for reflection.
- ◆ Pause for a moment of silence before concluding.

Respond: Page 56

- ◆ Review with your child the *Faith Summary* on page 56. Ask your child to explain each sentence in his or own words and revisit concepts as necessary.
- ◆ Have your child read the *Remember* section silently and be sure he or she understands the main points of the chapter.
- ◆ Ask your child to choose one *Reach Out* item and follow the directions. Check in with your child and ask him or her to reflect privately on the outcomes.
- ◆ Read aloud the *Words to Know* and ask your child to use the words in sentences. Consult the Glossary at the back of the book and at www.loyolapress.com/calledtobecatholic/ if more clarification is needed.
- ◆ Invite your child to think about the *Reflect* scenario and write a response on the lines provided. If your child is comfortable doing so, encourage him or her to share the response with you.
- ◆ Pray together the closing prayer. Conclude by praying together the Sign of the Cross. Invite your child to pray this week whenever he or she feels the need for help or guidance.

Name _____

Date _____

Graces for the Journey

We grow closer to God when we receive the sacraments. They give us God's grace to help us live our Catholic faith.

Identifying Graces

Directions: Complete each section using your knowledge of the sacraments.

1. The Sacraments of Initiation are _____

How does receiving the Sacraments of Initiation help you live a better life, the life God wants for you? _____

2. The Sacraments of Healing are _____

How does receiving the Sacraments of Healing help you live a better life, the life God wants for you? _____

3. The Sacraments of Service are _____

How does receiving the Sacraments of Service help you live a better life, the life God wants for you? _____
