

What is sin?

Sins are things we do or thoughts that we shouldn't have, things we didn't do that we should have. Often sins are actions that hurt others, or thoughts that are harmful to ourselves, or injure our relationships, including with God.

A reading from the Book of Exodus 20:1-17

In those days, God delivered all these commandments:

“I, the Lord, am your God, who brought you out of the land of Egypt, that place of slavery. You shall not have other gods besides me.”

“You shall not take the name of the Lord, your God, in vain. For the Lord will not leave unpunished the one who takes his name in vain.”

“Remember to keep holy the sabbath day.”

“Honor your father and your mother, that you may have a long life in the land which the Lord, your God is giving you. You shall not kill. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor’s house. You shall not covet your neighbor's wife, nor his male or female slave, nor his ox or ass, or anything else that belongs to him.”

The Ten Commandments

1. Love God more than anything else.
2. Always say God's name with love and respect.
3. Honor the Lord by resting and going to Mass on Sunday.
4. Love and Respect your parents, grandparents and all the adults in your life.
5. Never hurt anyone through your actions or words
6. Always be faithful and respectful to yourself, your family and your friends.
7. Don't take anything that is not yours.
8. Always tell the truth.
9. Be happy with the relationships you have. Don't be jealous of other people.
10. Be happy with the stuff you have. Don't wish for other people's things.

Loving Our Neighbour

When Jesus was asked which of these and the other commandments was the greatest, he responded, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment."

And a second is like it: "You shall love your neighbour as yourself. There is no commandment greater than these"

Sins are against the love of law: of self-giving rather than self-seeking.

Love of God and love of neighbour is the ultimate goal.

This new law God have given us is LOVE, and when we choose not to accept this love, we choose to hurt ourselves, our loving God and our neighbour.

What is Sin?

Sin is when we do things our way instead of God's way. Did you know that God has a certain way he wants us to live?

He does, and he gives us the Bible to know how to do it! God gives us the rules (10 Commandments) and our job is to obey them.

Sins can be in our thoughts, as well as our deeds.

The goodness of all in the community strengthens us, but sin hurts and weakens the Body of Christ.

Doing good things like collecting clothing for those who are homeless, serving food to people who are hungry, and visiting those who are sick are all healing actions.

Arguing with a family member, lying, stealing, and cheating are all actions that hurt others.

Where did sin come from?

Original Sin is the sin which corrupts our nature and gives us the tendency to sin.

We inherited Original Sin from Adam and Eve, who believed they could become like God.

They chose to disobey Him, which separated them from God.

Original Sin is washed away when we are baptized.

Breakout Discussion

After watching the following video, we will breakout into our groups.

Father Mike Schmitz - What is sin?

<https://www.youtube.com/watch?v=s3iOar7VleU>

Group discussion/Questions:

What did you take away from this video?

Did it address any questions/concerns you may have regarding
Sacrament of Reconciliation?

Forgiveness - How many times must I forgive?

God is our loving Father and He wants us to always return to His love and relationship.

It is important to remember that God forgives us each time for any wrong we have done. No matter the sin, or how many times we've repeated it.

The Sacrament of Reconciliation is a wonderful gift that allows us to feel the mercy of God's love. Just the desire to go to confession is God's grace working in our hearts.

It's not easy to forgive someone that has hurt us but we must always try. Jesus says we should forgive people every single time they ask us to.

We need to say sorry to others, if we expect them to say sorry to us.

As is stated in the Lord's Prayer: **and forgive us our trespasses, as we forgive those who trespass against us**

HOW TO GO TO CONFESSION

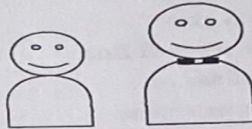
*In the name of the Father,
the Son and of the Holy
Spirit.*

Make the sign of the cross.



*Hello. May the Lord be in
your heart and help you
confess your sins.*

*Bless me Father for I have
sinned.
This is my first Confession.*



Priest Listens.

I.....

Tell your sins honestly.



Priest Listens.
He gives you penance, which is
usually a prayer to say.

*I am sorry for my
sins.*

Say an act of contrition.



In Jesus' name, the priest says:

*I absolve you in the name of
the Father, the Son and the
Holy Spirit, Amen.*

Absolve means "to forgive". This
is the moment that Jesus forgives
your sins!



It's Family Time

Task & Activity

The goal for this week is to bring us closer to each other and to God.

Parents, during Lent, let us think of ways how we can make our relationships better. Perhaps being more patient, and forgiving with our partners and children.

For the children, help them to think of ways they can be gentler, more peaceful and loving with each other.

Think about ways they can make up for “sinful” choices (i.e. fighting with a family member, spreading mean, untrue gossip about someone you don’t like).

Have them reflect on their word and actions, if they have set bad examples

Are they loving to family members, respectful to friends and neighbours?