

Lesson Plan for Lesson 21

Sacraments of Healing

Preparation and Supplies

- Study chapter 21, “Sacraments of Healing,” in the handbook.
- Gather sheets of newsprint and markers, one of each for each group that results from the activity in section A below; and Bibles, one for each of three groups (or multiples of three).
- Make copies of the handout “Jesus and Forgiveness” (Document #: TX003401), one for each participant.

Pray It! (5 minutes)

Tell the participants that class is beginning with an expression of sorrow for our sins. **Direct** them to the Pray It! “Act of Contrition,” on page 227 in the handbook. **Lead** them in praying the prayer together.

Study It! (35 to 45 minutes, depending on your class length)

A. A Short History of Penance and Reconciliation

1. **Invite** the participants to brainstorm some sins young people commit. List the responses on the board. Once you have concluded the brainstorming, ask the participants to help you group the responses into categories such as these:
 - sins against family and friends
 - sins against self
 - sins against God
 - sins related to school, work, and activities

Add any other categories that naturally arise from the responses.

2. **Direct** the participants to read the chapter introduction and the section “A Short History of Penance and Reconciliation,” on pages 225–227 in the handbook. The content covers points 1 and 2 on the handout “Lesson 21 Summary” (Document #: TX003400).
3. **(Optional)** After they have finished the reading, **direct** the participants to the Reflect directions on page 227 in the handbook and have them write their own Act of Contrition.

B. The Effects of Penance and Reconciliation

1. **Direct** the participants to form as many groups as categories you created on the board from the opening activity in section A. **Assign** each group one set of sins. **Distribute** a sheet of newsprint and a marker to each group. **Ask** each group to identify what penance seems appropriate for each sin on



the list. **Remind** the participants that the penance should be appropriate to the sin. For example, a spiritual penance for a sin against friends might be thanking God each day for a week for the gift of friends. Then the penance for the sin of gossiping about a friend might be saying only kind and affirming things about the friend. **Ask** each group to share the most creative penance from its list.

2. **Direct** the participants to read the sections “The Effects of Penance and Reconciliation” and “Receiving Penance and Reconciliation,” on pages 228–232 in the handbook. The content covers points 3 through 8 on the handout “Lesson 21 Summary.”
3. **(Optional) Invite** questions and observations on the content. You might also **direct** the young people to answer the Reflect questions on pages 229 and 232 in the handbook.

C. A Short History of the Anointing of the Sick

Direct the participants to read the sections “A Short History of Anointing of the Sick,” “The Effects of Anointing of the Sick,” and “Receiving the Sacrament of Anointing of the Sick,” on pages 232–235 in the handbook. The content covers points 9 through 11 on the handout “Lesson 21 Summary.”

Note: If you are running short on time, you may wish to just briefly summarize this section of the handbook.

Live It! (15 to 20 minutes)

1. **Begin** the activity by sharing the following in your own words, emphasizing the last point:
 - Jesus and the Church are concerned about healing all kinds of illness: spiritual, mental, and physical. This is why we have two Sacraments of Healing: Penance and Reconciliation and Anointing of the Sick.
 - The Sacrament of Penance and Reconciliation is primarily concerned with spiritual healing.
 - Jesus emphasized the importance of forgiveness through his teachings, his parables, and his example.
2. **Direct** the participants to form three groups (or multiples of three if you have a large number of participants). **Distribute** a copy of the handout “Jesus and Forgiveness” (Document #: TX003401) and a Bible to each group. **Assign** each group one set of readings on the handout: the readings from Matthew, the readings from Mark and John, or the readings from Luke.

Explain the task as follows:

- Each group will use the Bible to look up the first passage under the heading “Forgiveness and Salvation” and then will look up the passages in the Gospel(s) that have been assigned to the group.
 - After your group has read the assigned passages, discuss and answer the corresponding questions on the handout.
3. After the groups have had some time to read through the passages and to discuss the questions, **invite** each group to share what its passages say that helps the rest of the class better understand that Jesus was all about forgiveness.



Note: Matthew 9:2–8, Mark 2:1–12, and Luke 5:17–26 all address Jesus’ healing of the paralyzed man. The handout asks different questions about this healing, so it would be good to address those different questions at the same time in the large-group discussion.

Closing Prayer (5 minutes)

Following any announcements, **lead** the closing prayer by asking three volunteers to read one of the three sections of Psalm 51 from the Bible. **Instruct** the rest of the young people to respond “Have mercy on me, O God” after each section is read.

