

Unit 4 Web-Based Resources and Videos

Chapter 9

What Is an Examination of Conscience?

- <https://www.youtube.com/watch?v=EX5WA93rz08>
This video explains the practice of the examination of conscience.

Mortal and Venial Sin

- <https://www.youtube.com/watch?v=6d8slpTANqk>
All sin damages our relationship with God, but some sins cut it off completely.
This video explains the difference between a mortal sin and a venial sin.

Penance: Why We Confess

- https://www.youtube.com/watch?v=Wz5-vu6A58E&feature=emb_title
A short video from Busted Halo that describes why we confess.

Why Do I Have to Confess to a Priest?

- <https://stmartinoftours.com/sacraments/sacrament-reconciliation>
A short video with a clear explanation of why we have to confess to a priest.

How to Go to Confession

- https://www.youtube.com/watch?v=TdNwS-2qYDk&feature=emb_logo
A short video that walks through the steps of the Sacrament of Penance and Reconciliation.

The Deep Biblical Roots of Confession

- <https://catholicexchange.com/deep-biblical-roots-confession>
This article takes a deep dive into the biblical roots of the Sacrament of Penance and Reconciliation.

Concupiscence: Our Inclination to Sin

- <https://simplycatholic.com/concupiscence-our-inclination-to-sin/>
A more in-depth explanation of concupiscence and how we should respond.

Chapter 10

Anointing of the Sick (Who It's For?)

- <https://www.youtube.com/watch?v=hEppjWNO2y4>
A video explaining the Sacrament of Anointing of the Sick and debunking some misunderstandings regarding the sacrament.



What Is Anointing of the Sick and Is It Biblical?

- <https://www.christianity.com/wiki/christian-life/what-is-anointing-of-the-sick-and-is-it-biblical.html>

An in-depth article about the history of anointing in Scripture and the history of Anointing of the Sick.

Father Damien of Molokai

- https://www.youtube.com/watch?v=o7PuqdyMSdo&feature=emb_logo

Unravel the painful history of Molokai through Father Damien, who dedicated his life to helping the people who were exiled and sent to the isolated peninsula of Kalaupapa.

Viaticum

- <https://www.youtube.com/watch?v=mGc-dlEXxSE>

A short video explaining viaticum.

