

**Session 2 (December 6, 2005)**  
**Second Sunday of Advent**

I. Opening Prayer

II. John the Baptist

A. Who was John the Baptist?

1. John the Baptist was the son of Zachary, a priest of the temple in Jerusalem and Elizabeth, a kinswoman of Mary.
2. Jesus and John the Baptist were cousins. Their mothers were related to each other.
3. At the age of thirty, John the Baptist preached repentance on the banks of Jordan against evils of the times and called for forgiveness of sins in preparation for the coming of the Lord.
4. People from Jerusalem, Judea, and from the whole region of Jordan confessed their sins and were baptized by John the Baptist.
5. John the Baptist baptized Jesus Christ.
6. John the Baptist was also referred as "The Messiah."

III. Sins

A. What are Sins?

1. A Sin is any deliberate action, attitude, or thought that goes against God.

IV. Types of Sins

A. Mortal Sins

1. **Mortal Sins-** Anyone who breaks any of the Ten Commandments has committed a Mortal Sin.

2. A person who commits a mortal sin is one who knows that their sin is wrong, but still deliberately commits the sin anyway.

## B. Venial Sins

1. Venial Sins- These are sins that are considered failures that people have everyday.
2. Venial Sins can be sins that people did not fully consent to or did not have knowledge that his actions were sinful.

## V. Confession of Sins

### A. What does Confession of Sins mean?

1. Confession of Sins are also referred as Penance or Reconciliation.
2. This is a method, which individuals may confess their sins that they have committed and have them absolved by a priest.

## VI. Requirements for Confession

### A. There are three requirements for a valid sacramental confession.

1. A Catholic must examine his/her conscience honestly by not withholding any mortal sins.
2. A confessor must be sorry for his sins and seek forgiveness.
3. The confessor must complete the penance that was given to them by a priest. (The priest might say "Say five Hail Marys")

## VII. What to do in the Confessional

### A. What do you do, once you are in the Confessional?

1. Wait your turn at the Confessional, and if you have not done so examine your conscience.

2. Enter the Confessional and choose either a face-to-face confession or an anonymous confession.

\*\*A face-to-face confession-simply walk around the curtain and sit in the chair opposite the priest.

\*\* An anonymous confession-simply kneel down in front of the curtain and the priest will begin the conversation.

3. The priest will begin the Confession with the prayer of the Sign of the Cross. (Make the sign of the cross and say, "Forgive me Father for I have sinned it has been \_\_\_\_\_ days since my last confession.

4. Then, tell the priest all the sins you have committed since your last confession.

5. The priest will briefly discuss the effects of your sins and will offer advice and encouragement on leading a better Christian life.

6. The priest will then give you a penance to perform, which is usually a prayer for you to say to yourself.

7. Finally, the priest will say a prayer that will absolve your sins. You will then make the sign of the cross. The priest will then say "go in peace," you should reply "Thanks be to God."

8. You will exit the confessional. As soon as possible, complete your penance that the priest has assigned to you.

**Happy Holidays to all!**