



The Kerygma Experience

Session 2 —Fall

Our Lady of Light Confirmation Ministry

Note to Parents:

For those unable to attend an in person retreat, we are offering a virtual retreat experience for your family. We are calling it the Kerygma Experience. Kerygma is a Greek word that refers to the initial proclamation of the gospel message. It is the very heart of the gospel. The 5 main stages of the kerygma are creation, fall redemption, salvation and re-creation and will be the basis for our 5 sessions. Each session is designed to take 45-60 minutes.

We encourage you to set aside a time and a place where the whole family can truly enter into a prayerful and reflective environment. We hope that the conversations you have as a family draw you more deeply into the mystery of our Catholic faith and help you realize just how much God loves you.

Pope Francis expresses the kerygma this way: "Jesus loves you; he gave his life to save you; and now he is living by your side every day to enlighten, strengthen and free you."

Session 2 Outline:

1. Opening Prayer
2. Adam & Eve's Original Sin (Genesis)
3. Breaking Our Relationship With God (Reflection)
4. What is Sin?
5. Why Confession?
6. Closing Prayer

Opening Prayer

Read the following prayer together as a family. Remember to begin your prayer with the Sign of the Cross.

Heavenly Father, we thank you for your presence in our lives. We thank you for the many gifts you have given us, and we ask you to help us understand how you intend us to use these gifts in creating a life filled with your grace. As we learn and reflect more deeply on the plan you have created for each of us, send us the gift of your Holy Spirit as a guide and as a source of strength. Help us to learn to trust in you and your goodness as we explore this plan. Place in us a desire to love you more deeply and to sincerely be open to your working in our lives as we continue our journey towards Confirmation.

Falling into Sin

The second significant piece of the Kerygma is not such good news. It deals with man's fall from grace...our fall from grace: sin. When you are in a relationship with someone and you continuously hurt them, your relationship becomes broken. Our relationship with God is broken because of sin. A sin is any choice that goes against God's love. Sin is how we say "no" to God. We sin when we gossip about a person in class or are rude to teachers. We sin when we disrespect and disobey our parents. Sin hurts us, those who love us and especially God.



Adam & Eve's Original Sin

Grab a bible. Have a member of the family read Genesis 2:15-17; 3:1-6. Here is a [link](#) if you don't have a bible handy. While you are listening to God speak to you through his Word; listen for a word or phrase that sticks out to you. Take a few minutes to focus on that word. Let that passage move you—inspire you—to seek God with all your heart, with all your mind, with all your understanding.

Answer the following reflection questions as a family:

1. What word or phrase did you focus on?
2. What did you hear God saying to you through this scripture passage (through that word or phrase)?
3. Have you ever been tempted before? Explain
4. Describe a time when your emotions led you to sin.
5. Is God on your radar?

When you are in a relationship with someone and you continuously hurt them, your relationship becomes broken. Our relationship with God is broken because of sin. A sin is any choice that goes against God's love. Sin is how we say "no" to God. We sin when we gossip about a person in class or are rude to teachers. We sin when we disrespect and disobey our parents. Sin hurts us, those who love us and especially God. Sin also has a way of destroying us.

Breaking Our Relationship With God

Read aloud (from Phyllis): My first child was very inquisitive and inclined to get hurt. When she was almost 3 she burned her hand on a burner of the stove. The stove was positioned on the back wall of the kitchen next to the doorway leading into the family room.

Her Dad and I secured a gate in the doorway to keep her safe from having an accident in the kitchen, especially from getting burned. We told her to NEVER touch the burners! She listened and she did anyway and was burned.

Her fascination with the burner was too tempting. She stood on tiptoes to reach over the gate laying her hand right on the burner. My 'NO!' was too late. Her screams were far worse than her injury. I dried her tears, bandaged the 'bad boo-boo' and spent the rest of the day playing with her. This is not sin. She couldn't grasp the concept of getting burned.

Fast forward to her as a young driver with a temper who was repeatedly told about driving when angry...we warned her that it would not be allowed. She'd have to turn the keys over to us. One afternoon she came home ranting about how she was cut off by a driver and her anger kept escalating until it was time to leave for her job. Her Dad asked for the keys. She then popped a cork! 'NO!' and started for the door. Her Dad stepped in front of the door and calmly said, 'Keys.' Screaming and tears followed as she went out the back door. Her Dad went out the front door and stood by the car and picked them up off the ground where she threw them.

That is sin. That is disobedience. That hurt her, her Dad and broke her relationship with God and her Dad. It wasn't the first time a relationship was broken.

What is Sin?

You may have heard it before. Many in our society today believe that there is no such thing as sin; that sin is just something the Church has made up to make us all feel guilty? "I should be able to do whatever I want to do as long as I'm not hurting anybody else," they say. Absolute freedom is not part of God's creation and sin is real. Watch this video from Fr. Mike Schmitz video entitled [What Is Sin?](#)

Now discuss these questions as a family:

1. What intrigued you most about Fr. Mike's message?
2. Have you ever been aware of making a wrong decision to sin and choosing to do it anyway?
3. Have you apologized to anyone you've hurt and harmed your relationship with them? How did they respond?
4. Have you asked for and received God's mercy? How does that feel? Share.

So for one who knows the right thing to do and does not do it, it is a sin (James 4:17)



Why Confession Read Aloud

We make so many excuses for not going to Confession. Our Christian friends (and many Catholics) don't understand why we have to confess our sins to a priest. Here is a video from Chris Stefanick entitled [Why Confession?](#) He does a great job explaining the grace and freedom—yes, freedom—we receive from by taking part in the Sacrament of Reconciliation.

Answer the following reflection questions as a family:

1. What one thing from Chris's video challenges your understanding of the Sacrament of Reconciliation the most? Explain
2. Describe in your own words why the Church teaches that we need to go to a priest to confess our sins?
3. How does God set us free through the Sacrament of Reconciliation?
4. Who is that guy in the picture above going to Confession?

Parish Family Confession Schedule

A priest will be holding the Sacrament of Reconciliation at the following times and by appointment:

Family Challenge: Attend reconciliation sometime before Confirmation.

Tuesdays

12:00 - 1:00 pm Incarnation

Wednesdays

12:30 - 1:30 pm St. Francis

Saturdays

9:00 - 10:00 am Incarnation

3:15 - 4:15 pm St. Francis

Closing Prayer

Pray the following *Act of Contrition* together as a family:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and faith to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, To do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Please let us know that you have completed Session 2 by completing this [Evaluation](#)