



# The Kerygma Experience

## Session 3—Redemption

*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.*

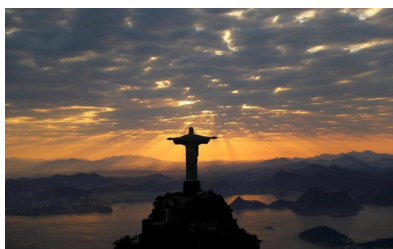
*Pope Francis expresses the kerygma this way: "Jesus loves you; he gave his life to save you; and now he is living by your side every day to enlighten, strengthen and free you."*

### Session 3 Outline:

1. Opening Prayer
2. For God So Loved the World (John 3)
3. He Died For You
4. Do We Deserve God's Love?
5. Christ, Our Redeemer: The Paschal Mystery
6. Closing Prayer

### Redemption

The third piece of the Kerygma is truly good news. God loves us so much that He couldn't stand being separated from us. By rejecting God's love, The Fall (Man's Sin) not only created this separation but it brought death into the world. This separation had to be fixed; sin and death needed to be destroyed. This situation needed to be remedied and Man needed a Redeemer. God had a solution. Unfortunately it would require a huge sacrifice on the part of His only Son...but could God love us enough?



### Opening Prayer

Our opening prayer is going to be longer this session as we take some quiet time to reflect. Parents, we ask that you read through this section so you have some familiarity with it before you bring the family together. Remember to begin your prayer with the Sign of the Cross.

Have someone read the following reflection:

*Behold, I (Jesus) stand at the door and knock. If anyone hears my voice and opens the door, [then] I will enter his house and dine with him, and he with me. - Revelations 3:20*

Reflection—read aloud:

Jesus is standing at the door knocking. This door is your heart. The door does not have a handle, so you need to be the one to let Him in. Jesus came to live with us and teach us how to truly and unselfishly love. Jesus, free from sin, took the burden of our sins and laid them at the foot of the cross. He suffered, died, and rose again for us. For you and me... Jesus is God, knocking on the door of your heart ready for a relationship with YOU. You just have to open the door.

Take some time to think about everything that has been weighing you down, all the burdens you feel like you have been carrying.

Take one hand and rest it, palm up, on your leg. Then take the other hand and place it over your heart.

If you can, physically "pull out" each of your burdens, your brokenness, the sorrow over your sin -- name them quietly and place each of them in your open hand. Close your eyes if you feel more comfortable. Continue until there is nothing left to pull out.

(Parents—please allow at least 5 minutes of silent reflection before continuing. Silence can be hard, but we need to learn to wrestle with it. Silence is one of the places in which we have the greatest opportunities to listen to God. Silence is something we all need to practice and incorporate into our daily prayer lives.)

After this time of quiet reflection, answer the following questions:

1. What is your relationship with Christ like right now?
2. Is the door to your heart and life open to Christ? Explain

Continue the prayer by having someone lead:

**Leader:** Lord, Jesus, we thank you for the deep, unending love you have for us. Come into our hearts and strengthen us with the love and peace we can only find in you. Deepen our relationship with you and your Holy Bride the Church, as together we pray:

**All:** I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from there He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### **For God So Loved the World**

Grab a bible. Have a member of the family read John 3:16-21. 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 felt like you were living in darkness? Explain. Did you pray?
4. When have you been a “light” to your family? To others?
5. Discuss how your family is a light to others.

### **He Died For You**

Read aloud:

Jesus loves YOU so much that he was willing to give His life for YOU. St. Paul writes, “God proves His love for us in that while we were still sinners Christ died for us.” (Romans 5:8) That’s powerful. Chris Stefanick helps us make more sense of this in his video entitled [He Died For You](#).

Now discuss these questions as a family:

1. What intrigued you most about Chris’s Video?
2. Parents, describe for your family what it was like to bring a baby home for the first time and the depth of your love for that child.
3. In spite of all that Jesus knew that he would have to endure, He still did it willingly for YOU. How does that make you feel?
4. Describe how Chris’s explanation has changed your view of receiving the Eucharist.

### **Do We Deserve God’s Love?**

Parents, even though Fr. Mike’s intention is to talk about worthiness, this video is a great tie between redemption and how it relates to the Mass. This video is a little deep. Please watch it more than once if necessary so that your Confirmandi gets the point.

**Read aloud:** Even though we may begin to realize the depth of God’s love for us, we are still sinful. That may cause us to doubt our worth and think that we are failures. We may believe that God’s love for us is conditional and that we will never be able to live up to God’s high standards. Fr. Mike Schmitz is back to help us sort this out. Watch his video entitled [Do We Deserve God’s Love](#).

Answer the following reflection questions as a family:

1. What struck you most about Fr. Mike’s Video?
2. What does it mean to be made in the image and likeness of God?
3. Why do we have worth to God? (If you’re struggling with the answer, re-watch the video.)

### **The Paschal Mystery: The Model for a Life of Goodness**

Being freed from sin; being redeemed from past mistakes; feeling a bit more worthy; who doesn’t want to live that life of goodness? Who doesn’t want to feel better about one’s life choices. Fr. Brian is here with a few words of his own on the [Paschal Mystery](#).

**Read aloud:** Jesus redeems us through His life, death and resurrection so that we may more fully live the life God designed for us. We can honor that sacrifice and responding to God’s great love by living a life of goodness and sharing God’s love with those around us. Through the gifts given us through the sacrament of Confirmation, we are more equipped to live this life day by day.

### **Closing Prayer**

Pray the following together as a family:

*Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.*

### **Parish Family Confession Schedule**

For those looking to complete the Family Challenge from Session 2.

#### **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

**Please let us know that you have completed Session 3  
by completing this [Evaluation](#)**