

Young Apprentices

A RESOURCE FOR THE RCIA

CATECHUMENATE SESSION: SORROW FOR OUR SINS

Third Sunday in Ordinary Time • Year B • January 21, 2024

**Brother Jesus,
you called Simon, Andrew,
James, and John
to follow you.**

**Open my ears
to hear you call my name.
Give me the courage
to follow you too.**

Amen.



Sunday Word

Jonah 3:1-5, 10

Psalms 25:4-5, 6-7, 8-9

1 Corinthians 7:29-31

Mark 1:14-20

The above readings are available at
usccb.org/bible/readings.

To Help You Remember



1. When Jesus began his public ministry, the first message he preached encouraged people to repent and to believe in the Gospel.
2. Simon, Andrew, James, and John left their nets, their jobs, their families, and their coworkers to follow Jesus.
3. Jesus calls each of us to follow him too.

Key Teachings



Repent!

Jesus encouraged people to repent, which means to turn away from sin and return to God.

Acknowledge!

The first step in repenting is to honestly acknowledge our sins and wrongdoing.

Be Contrite!

To be contrite is to be sorry for our sins. In the Sacrament of Penance and Reconciliation, we express our sorrow and receive God's forgiveness.

Faith Words



sins

Sins are acts we freely choose to do wrong. They weaken or break our relationship with God and the Church.



Penance and Reconciliation

The Sacrament of Healing in which we receive, through the priest, God's forgiveness for our sins.

Faith-Filled People



Through the Sacrament of Reconciliation, Saint John Vianney helped many people overcome their weaknesses and accept God's love. As people confessed their sins, he listened carefully and gave them advice on how to live as disciples of Jesus.

With My Family



We Listen

For the second week in a row, we hear a story about Jesus calling his disciples. This week the story from the Gospel of Mark emphasizes repentance.

To repent means to change our ways. The disciples have to leave behind the old way of life in order to follow Jesus. What needs to change in your life? What needs to change in your family?

We Believe

The Sacrament of Penance and Reconciliation is a celebration of our repentance. It restores our relationship with God and the Church. See the activity page for an outline and explanation of the sacrament.

We Live As Disciples

The disciples in today's Gospel were all fishermen who used fishing nets. They left behind their nets and followed Jesus. Name one thing your family can leave behind in order to more closely follow Jesus. For example: Each one of you will turn off your cell phones at bedtime and spend five minutes in prayer. Or you will "leave behind" ten minutes of sleep in order to get to church on time.

We Pray

Pray the Act of Contrition found on the activity page. This is the prayer of repentance and sorrow that we pray as part of the celebration of the Sacrament of Penance and Reconciliation. You will want to learn this prayer.

When we seek God's gifts of love and forgiveness, we celebrate the Sacrament of Penance and Reconciliation. Here is a look at the steps in the individual Order of Penance. Make special note of the Act of Contrition. You will want to learn this prayer.

1. You are welcomed.

You enter the reconciliation room or confessional and the priest welcomes you. Together, you make the Sign of the Cross.

2. You listen to God's Word.

Sometimes the priest will read a story from the Bible.

3. You confess your sins and accept penance.

You confess all your serious sins to the priest. He will give you a penance to help you make amends for your sins.



4. You pray a prayer of sorrow.

As a sign of your sorrow, you say the following prayer, which is called an Act of Contrition.

**O my God,
I am sorry and repent with all
my heart
for all the wrong I have done
and for the good I have failed to do,
because by sinning I have
offended you,
who are all good and worthy to be
loved above all things.**

**I firmly resolve, with the help of
your grace,
to do penance,
to sin no more,
and to avoid the occasions of sin.
Through the merits of the Passion
of our Savior Jesus Christ,
Lord, have mercy.**

5. You receive absolution.

The priest extends his hands over your head and says the words of absolution or forgiveness: "I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit."

6. You thank God for forgiveness.

The priest says, "Give thanks to the Lord for he is good." You respond, "For his mercy endures for ever."