

# Rites Explained

- 1.) There's no sin that God cannot FORGIVE
- 2.) Leaving with a DESIRE to give that to others
- 3.) They are those ACTS of the divine power themselves (sacraments)
- 4.) PROMISING to act through the apostles
- 5.) He TRANSFORMS us through His GRACE
- 6.) They are not BARRIERS, they are carriers
- 7.) Prayer → rich source of WISDOM d

## Act of Contrition:

- 1.) In my thoughts → BEFORE an act
- 2.) In my words → lift or TEAR down
- 3.) What i've done → auto pilot/ JUSTIFICATION
- 4.) Penance → living on PURPOSE
- 5.) What I have failed to do → Sin of OMISSION

## Confess Sins:

- 1.) Accepting RESPONSIBILITY for our sins
- 2.) It's part of the HEALING process
- 3.) Hold yourself ACCOUNTABLE and deal with our WEAKNESSES
- 4.) Mortal sin → KNOWINGLY saying no to God
- 5.) Venial sin → minor violation of the law
- 6.) God is love (221) → share in the eternal EXCHANGE of love

## Penance:

- 1.) Express our THANKSGIVING and our love
- 2.) RESOLVE with the help of your grace

## Act of Contrition:

- 1.) Saying, I'm SORRY and I want to do better
- 2.) Genuine, sincere and from the HEART

## Absolution:

- 1.) EXTEND His hand to invoke God's Holy PRESENCE
- 2.) Priest = Christ's REPRESENTATIVE
- 3.) God the father of MERCIES → rich in mercy, wanting to be apart of us because he LOVES us
- 4.) Pardon and Peace → Begin ANEW

## Who are you?

- Think about who you are in this world.
- It is so much larger than you think it is - we are small compared to our world
- Do you feel **SMALL** yet?
- It is easy to confuse small with **INSIGNIFICANT**
- YOU stand out, there have never been another **YOU** again
- Have you ever stopped for a minute to be in **AWE** of you?
- You **ALMOST** didn't exist
- The most **MINUTE** change makes all the difference in the world
- The big bang → That rock was already set in motion to change **EVERYTHING**, and it's the same thing for you
- How many things had to go just **RIGHT** for you to be here right now
- From the first start of the **UNIVERSE**, your life was set in motion
- 37 **TRILLION** cells, to make up one incredible machine that make up you
- At the center of it all → your **BRAIN**
- Is there **MORE** to you than all of this?

## Consciousness - Brain vs. Mind

- What does it mean to have a **WILL**?
- Can you **MEASURE** a thought, can you measure love?
- The diving bell and the butterfly book - told people that he was conscious just with his eye movements
- We are more than our **BIOLOGY** - we are beyond **BIOLOGICAL**
- We are more than just **MATTER**
- It is not consistent with your **EXPERIENCE** of life
- Depends on who you are **DEPICTING**
- It's **ART**, we are art.
- There's something in us that is drawing us to create things....we desire to look for something **GREATER**
- **RATIONAL** Animals → we share bodily matter, but there is something else to us...we think, we will - freely, and love.
- This is what is called **THE SOUL**
- The soul doesn't take up space, doesn't **EXIST** in time, we can both know and love which is the **ANIMATED** principle.
- Human body isn't a living body, and **WITHOUT** the soul, the body is just a living corpse.
- Our **SOUL** goes on to live even after we die.
- Our souls are **FLOATING** - we are all floating

- We are more than just a big bag of **BONE**, water and body
- What goes on **AROUND** us?
- There is something much bigger outside of this world that can fill this **VOID**
- You will always **BE** forever
- Our soul is made in the **IMAGE** and **LIKENESS** of God.

The Soul:

- You should be in **AWE** of who you are
- It is all really **ROOTED** in who you are.
- Each human person is deserving of **LOVE**
- You are **HUGE** next to all of this, even when we feel small or **INSIGNIFICANT**

What do you Seek?

*The next day again John was standing with two of his disciples; and he looked at Jesus as he walked, and said, "Behold, the Lamb of God!" The two disciples heard him say this, and they followed Jesus. Jesus turned, and saw them following, and said to them, "What do you seek?" (John 1:35–38)*

<http://eerdword.com/2016/09/19/what-do-you-seek-the-questions-of-jesus-as-challenge-and-promise/>

- 1.) You are on the ultimate **JOURNEY** right now, it's called your life.
- 2.) We're searching for something. We are searching for **MEANING**, answers, for **LOVE**.
- 3.) Something we take for granted? Just getting to be **HERE**, to breathe right now, to experience.
- 4.) You're going somewhere, stop and think, **WHERE** am I going?
- 5.) We **FORGET** to search for answers to those questions that we need to actually be **HAPPY**.
- 6.) Who are you, what happens when you die, what makes life **MEANINGFUL** → That's what the search is all about
- 7.) That **LONGING** has an answer

- 1.) We all have a start date and a **FINITE** ending.
- 2.) Most important thing we overlook on the tombstone is the **DASH**, that is your **LIFE**.
- 3.) You're in the dash right now → What are you seeking? Power? Money? Being fit? Adrenaline rush? Pleasure? Honor?
- 4.) We're all looking for **SOMETHING**.
- 5.) Underneath all those things, we look for in life, there's a more **FUNDAMENTAL** longing.
- 6.) Human beings → we all just want to be **HAPPY**.
- 7.) Aristotle → "happiness is the **MEANING** and purpose of life, the whole aim and end of human existence."

- 8.) Dalai Lama → “We 7 billion human beings - **EMOTIONALLY**, mentally, physically - are all the **SAME**, everyone wants a joyful life.”
- 9.) Blaise Pascal → All men seek happiness. This is without **EXCEPTION**. Whatever different means they **EMPLOY**, they all tend to end.
- 10.) Where are you **LOOKING** to get your happiness?
- 11.) We **CONFUSE** passing pleasures for fundamental happiness.  
-->How long? How much?
- 12.) Human appetites → doesn't **SATISFY** us completely - the experience **FADES**.
- 13.) We hunger for that experience to **PERSIST**.
- 14.) **DESTINATION** addiction → I'll be happy when....someday...
- 15.) You will not find happiness unless you know the **MEANING** and **PURPOSE** of your life is.
- 16.) God had (has) a different **PLAN**.
- 17.) What if...? Would it have **FUFILLED** me?
- 18.) Is there a **POINT** to it all.
- 19.) Generation **Z** → That's you!!!
- 20.) Jesus' first words to humanity in the Gospel of John: “**WHAT DO YOU SEEK?**”

### Homework:

- What makes you feel sad, lonely, happy or angry? What can we do to make us feel better? Be happy?
- Take a cup, jar or bucket and write on separate pieces of paper different things that make you happy, things you seek, things you want to be happy, things that make you laugh, smile, want to dance or want to go outside.
- Each class after prayer, we will all take turns pulling out a random piece of paper from your container and share what makes us happy to the class.

- Keep this jar in your bedroom and when you are feeling lonely, sad, angry or upset, pull out a random piece of paper and do that thing that makes you happy.

Name:

Date:

## POWER OF CONFESSION

- 1.) We look for **fulfillment** in all the wrong places
- 2.) We find fulfillment in which is actually called **emptiness**

### Chapter 1: Wake up

- 1.) Call us out of our own **routines** and think more about where we've **been** and where we are **right now** and where we are **going**
- 2.) It is the **root** of the **behavior** that causes the guilt.
- 3.) Guilt helps you respond and take action to make **amends**
- 4.) Your conscious helps take **responsibility**, and say I'm **sorry**

### Chapter 2: Guilt

- 1.) It alerts us that somethings not **right**
  - 2.) We try to **convince** ourselves that it's not a big deal
  - 3.) When we change our **actions** and do what is right, or do, we change our ideas to **justify** what we're doing wrong.
  - 4.) **Rationalizing: convince** yourself what you are doing is okay even when you knew it wasn't
  - 5.) **Excuse:** not taking **responsibility** for your own sin
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- 1.) **Blame:** easier to think that something else holds the responsibility for our own negative thoughts or behavior
- 2.) **Distraction:** we have become a human **doing** rather than a human **being**

### Genesis:

- 1.) In the **beginning**, God created the heaven and the **Earth**
- 2.) God didn't just want to give them **life...**He gave His very **self** to them.
- 3.) Sin is not so much about breaking a **rule**, but more about breaking a **relationship**.
- 4.) Take **ownership** of your actions
- 5.) Adam **blames** (sin) on the woman (Eve) and then he blames **God**
- 6.) God's reaction: "**Where** are you?"

### Chapter 3: Who is God?

- 1.) God is **Love**
- 2.) It's not about what do you want from me, but what He wants **more** from us
- 3.) He is longing to give us the gift of His **mercy**
- 4.) There's only one sin that God doesn't **forgive**, it is the one that we don't ask forgiveness for.



5.) We are loved despite our **weaknesses, failures, human condition**, and we are loved anyways.