

FORGIVEN

THE TRANSFORMING POWER OF CONFESSION

SAMPLE

SESSION 1

Where Are You?

SESSION 1 | WHERE ARE YOU?

OPENING PRAYER

Out of the depths I cry to you, O LORD!

Lord, hear my voice!

Let your ears be attentive to the voice
of my supplications!

If you, O LORD, should mark iniquities,
LORD, who could stand?

But there is forgiveness with you,
that you may be feared.

I wait for the LORD, my soul waits,
and in his word I hope;

my soul waits for the LORD
more than watchmen for the morning,
more than watchmen for the morning.

O Israel, hope in the LORD!

For with the LORD there is mercy,
and with him is plenteous redemption.

And he will redeem Israel from all his iniquities.

Amen.

—Psalm 130

INTRODUCTION

Have you ever received a “wake-up call” that inspired you to make a change in your life? Maybe it was something significant like a health issue that forced you to make better choices. Or perhaps a comment from a friend convinced you to take a different course of action on something. When we go off course in life, God often sends us a wake-up call to draw us back. But sometimes it’s difficult—even painful—to stop, listen, and turn around. Thankfully, God doesn’t ask us to do it on our own. He not only calls us home, but he also walks with us every step of the way.



CONNECT

Can you share an experience that was a “wake-up” call in your life?

What do you think is the most important thing about being a Christian?

“In the life of the body a man is sometimes sick, and unless he takes medicine, he will die. Even so in the spiritual life a man is sick on account of sin. For that reason he needs medicine so that he may be restored to health; and this grace is bestowed in the Sacrament of Penance.”

—St. Thomas Aquinas

VIDEO

Watch the video. The following is a brief outline of the topics covered.

I. Wake-up Call

- A. Guilt can be God’s way of getting our attention
- B. Signals that something needs to change
- C. How do we handle guilt?
 - 1. Find distractions
 - 2. Rationalize our behavior
 - 3. Blame others
 - 4. Admit we’re wrong



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VIDEO CONTINUED

II. Sin

- A. About breaking a relationship, not just breaking a rule
- B. Leads us to hide from God, like Adam and Eve

III. God's Perspective

- A. Above all else, God is love
- B. “Father” is who God *is*; “Lawmaker,” “Judge,” etc. is what he *does*
- C. “Where are you?”
 - 1. When we sin, God seeks us out
 - 2. The only sin God can't forgive is the one for which we won't ask forgiveness

“Confession is an act of honesty and courage—an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God. It is an act of the prodigal son, who returns to his Father and is welcomed by Him with the kiss of peace.”

—Pope St. John Paul II (from a homily in San Antonio on September 13, 1987)



DISCUSS

1. What is your interpretation of this statement? “When we sin, God does not love us less, but we love ourselves less.”

2. “There comes a time when one must take a position that is neither safe, nor politic, nor popular, but he must take it because conscience tells him it is right.”

— Martin Luther King Jr., *A Testament of Hope: The Essential Writings and Speeches*

In light of this quote, why is a well formed conscience essential for our happiness?

3. “God doesn’t just want more *from us*, he wants more *for us*!” What do you think this quote means?

“Conscience is a judgement of reason whereby the human person recognizes the moral quality of a concrete act that he is going to perform, is in the process of performing, or has already completed.”

—CCC 1778



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COMMIT—ENCOUNTERING GOD’S MERCY

Consider God’s call to Adam and Eve after they had sinned: *“And they heard the sound of the LORD God walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. But the LORD God called to the man, and said to him, ‘Where are you?’”* (Genesis 3:8-9).

Adam and Eve’s first impulse after their sin is to hide themselves from God. They feel that same guilt we experience when we know we’ve done something wrong, and it causes us to be separated from him. **Do you ever feel a desire to hide yourself from God? Why or why not?** Write your reflections in the space below.

When God comes to the Garden, he already knows Adam and Eve’s sin. He seeks them out not to call them to account for their actions and pay the price for their mistake; he isn’t looking to scold them or punish them. God is calling them back—out of shame and hiding, back to himself. He wants to repair the damage that sin has done.

God loves us so much that he won’t let anything at all stand between us and his love. Before Adam and Eve have even expressed sorrow for their sin, God seeks them out. This is the incredible beauty of God’s mercy! As St. Paul says in his letter to the Romans: *“But God shows his love for us in that while we were yet sinners Christ died for us”* (Romans 5:8).

God doesn’t wait for us to come back to him after we have sinned—he comes looking for us, just as he looked for Adam and Eve. In his merciful love he searches for us to bring us home. He is calling to each one of us: “Where are you?” **What is your answer? What are some areas of your life that you need to surrender to God’s merciful love?**



CLOSING PRAYER

Have mercy on me, O God, according to your merciful love;
according to your abundant mercy blot out my transgressions.
Wash me thoroughly from my iniquity, and cleanse me from my sin!

For I know my transgressions, and my sin is ever before me.
Against you, you only, have I sinned, and done that which is evil in your sight,
so that you are justified in your sentence and blameless in your judgment....

Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
Make me hear joy and gladness; let the bones which you have broken rejoice.
Hide your face from my sins, and blot out all my iniquities.

Create in me a clean heart, O God, and put a new and right spirit within me.
Cast me not away from your presence, and take not your holy Spirit from me.
Restore to me the joy of your salvation, and uphold me with a willing spirit....

O Lord, open my lips, and my mouth shall show forth your praise.

Amen.

—Psalm 51:1–4, 7–12, 15

FOR FURTHER STUDY

Catechism of the Catholic Church, 1422–1429

Pope St. John Paul II, *Reconciliatio et Paenitentia* (*Reconciliation and Penance*),
Post-Synodal Apostolic Exhortation (1984)

Parable of the Prodigal Son, Luke 15:11–32

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.