

Faith in 5
Lent: Week 3
Adults

1. **What is sin?** Sin(s) are actions against God's will; they interfere with our relationship with God. Adam and Eve committed original sin by listening to the devil and going against what God the Father told them. When we want our will over what God wants, and knowingly do it anyway, that is considered sin. We learn what God's will for us is through the Ten Commandments, the Holy Scripture and Catholic tradition.
2. **What is Jesus' role in the victory over sin?** Jesus took on our burden of sin, even though He did no wrong. Jesus became the sacrifice for our sins and gave His life so that we would have everlasting life in Heaven with God.
3. **How do we avoid sin?** The Bible says, "Do not be overcome by evil, but overcome evil with good" (Romans 12:21). To know what good is, we must learn, understand and act on God's will. We make a conscious effort to avoid all sin, the appearance of it and/or any temptation of it. We ask for God's grace in the difficult circumstances, along with the prayers of the saints to help us through these difficult times.
4. **I sinned anyway, what now?** Ask God for forgiveness and make a genuine effort to not do it again. Be honest with yourself and understand why this happened in the first place. Go to confession, with humility and a contrite heart, admit your sins. God's mercy is never ending; He wants to remain close to you and will always be there for you. Give your difficulties to Him.
5. **What is the examination of conscience?** This is a period of preparing oneself before the sacrament of reconciliation, a time to really take inventory in your heart and mind of all the things that are displeasing to God. It is a prayerful reflection on the sins committed in your life that are not in line with God's will. You can find resources online to help guide you on the examination of conscience.
6. **Why must I confess my sins to a priest if God will forgive me anyway?** Yes, only God can forgive sins, but we believe that God, through the sacrament of Holy Orders, bestowed His authority to priests to forgive sins in His name. There are times when sharing your burdens or sorrow will help you move to a better spiritual place. Some have described a 'weight lifted from their shoulders' after going to confession. To be able to hear the prayer of absolution, to have an opportunity to hear words of encouragement to move forward from the sin, and to know you are forgiven by God is a great feeling! The sacrament of reconciliation is healing and life-giving.

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