

Lesson 6 – Actual Sin

Grades 6-8

Lesson Preparation:

Read Lesson 6 in the Baltimore Catechism. You will need to print the attached sheet and cut out the rectangles for the opening activity. Also, you will need to bring some newspaper comics for the final activity.

Opening Prayer:

Scripture: “The things that come out of the mouth come from the heart, and they defile. For from the heart come evil thoughts, murder, adultery, unchastity, theft, false witness, blasphemy. These are what defile a person” Matthew 15:18-20

Leader: God, open our hearts today to understand the ways in which we offend You. And give us the desire to never respond to your love with disobedience. Amen.

Together: 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 rejoice in His consolations, through Christ our Lord. Amen.

Opening:

Let the class know that today they are going to learn about “actual sin.” Among those things they will learn are the seven capital sins, sometimes called the seven deadly sins. The session will begin with an activity during which students can see what they know or what they can figure out about the seven capital sins.

Pass out the cards, cut from the attached activity sheet. There are 14 cards, seven with the names of the seven capital sins, and seven with descriptions of those sins. Pass the cards out to the students. Their job is to find their match, so each sin is matched with its description. Once the students have matched themselves up, read through the correct matches, and students can change partners if they made a mistake.

Watch the Lesson 6 Video on Catholic Brain

Comprehension Questions: *Note: These questions are asked after the video, just to check student comprehension. They are not discussion questions, but be sure students understand the answers to these questions before moving on*

1) What is actual sin?

It is the deliberate actions that we do, which oppose the law of God.

2) What is the difference between venial sin and mortal sin?

Venial sin wounds us, but mortal sin is more serious; it kills the life of grace in our souls. A person who has committed a mortal sin must go to Confession before receiving Communion.

3) What three conditions are necessary for something to be a mortal sin?

a) It must be seriously wrong; b) We must know it is seriously wrong; c) We must consent to do it (do it intentionally)

4) What are the seven capital sins?

Pride, Lust, Anger, Envy, Covetousness (Greed), Sloth, Gluttony

5) What are near occasions of sin?

They are situations – people, places, etc. – that risk tempting us, and leading us to sin

Discussion Questions: *Note: These questions are for student discussion. The students should consider these questions and comment on them. There are some key points included in this lesson, after each question, that you can use to help guide their discussion toward truth. It's important that the students think about and discuss these things, but that they don't leave the discussion with false impressions about what is true.*

1) Why is it important to learn about the seven capital sins?

Sin is our enemy. Just like a soldier would learn about the capabilities of his enemy, in order to defend himself from attack, so we should know the weapons our enemy, the devil, will try to tempt us with, so we can fight against them.

2) What can we do to keep from developing a habit of sin?

Possible responses: Develop a habit of prayer, avoid near occasions of sin, develop holy friendships, receive the sacraments frequently

3) How do each of the capital sins oppose our vocation to love God and neighbor?

Pride is all about me; love is all about the beloved

Lust seeks to use others to satisfy our desires; love is willing to sacrifice for the good of others

Envy is sorrow at another's good; love rejoices in another's good

Greed (Covetousness) causes us to gather more for ourselves; love inspires us to give to those in need

Anger leads us to seek revenge; love leads us to forgive

Sloth causes us to ignore our duty; love inspires us to serve

Gluttony causes us to overuse the good things of God to satisfy lower desires; love always seeks the highest good

Go Deeper:

Journaling – For this activity, students will write a reflection on their “taproot sin.” Most of us have one temptation or inclination to sin that is strongest or leads us to other sins. Students should consider the seven capital sins and journal about which is the most difficult for them to combat. Also, what can they do to better resist temptation in the future? This will be a very personal activity, so they will probably not share in groups or discuss it. It is simply a matter for personal reflection.

Activity:

For this activity, you will need a page of newspaper comic strips. Look at the comics, and identify instances of people committing sins. Using a pencil or pen, “X” out the sins you find. As a challenge, see if you can identify the capital sin each of the sins you find is most related to.

Closing Prayer:

Leader: Lord, we are sorry for our sins. We thank You for loving us even when we fail. Please give us the grace to resist sin in the future. Amen.

Together: Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

