

Guilt

Pages H-1 through H-4
Fireside Catholic Youth Bible - NEXT

Song: Give Us Your Peace
Words and Music by: Michael Mahler

CD 1, Track 8
FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bible - NEXT, FCYB Music CDs, CD player, pens/pencils, Examination of Conscience sheets and large index cards for each teen for the “My Personal Reflection” Large Group Activity.

Opening Prayer/Scripture Reflection (5 minutes)

Prayerfully, read each of the Scripture passages found on page H-2 in the **Fireside Catholic Youth Bible – NEXT**, pausing briefly between each Scripture.

Large Group Discussion (15 minutes)

Re-read 1 Timothy 1:18-19 from the bottom of page H-2 in the **Fireside Catholic Youth Bible-NEXT**. Then, discuss the teens’ answers to these or similar questions:

What does St. Paul mean by “having a good conscience?”

What is “conscience?”

When faced with a choice between right and wrong, between sinning and honoring God, have you ever heard that “small voice” inside of you?

Small Group Activity/Discussion – “A Conscience Skit” (20 minutes)

Cartoons and sitcoms often depict conscience as an angel and a devil on the shoulder of a character counseling them as they are faced with a dilemma. Ask the teens, as a full group, to develop several scenario’s for just such dilemmas we typically face. Then, divide the teens into groups of three. Each group will be given one of these situations for an impromptu skit. Tell one teen in each group to play the part of the main character, the second teen to play the part of the angel, and the third teen to play the part of the devil. Encourage them to have all three characters interact in their skit. After spending a few minutes to get organized have the teams perform the skits. Encourage them to be creative and have fun.

After the presentation of the skits, discuss the teens’ answers to these questions:

In every case, what happens if you go with “the devils” plan? (Answer: *You sin.*)

If your conscience is healthy and well-developed what will you feel if you go with the devil’s plan? (Answer: *Guilt*)

How do you clear your conscience? (Answer: *Through the Sacrament of Reconciliation*)

Conclude by reading the Roots of our Faith article on page H-3 in the **Fireside Catholic Youth Bible – NEXT**.

Large Group Activity – “My Personal Reflection” (15 minutes)

Give each teen a list of questions from an “Examination of Conscience.” Have them choose the sins they struggle with the most and to make a “personal examination of conscience” tailored just for them. Have them write these on a large index card. Stress to the teens that a thorough examination of conscience is crucial to making a good confession.

Large Group Discussion – “Guilt Gone Wrong” (5 minutes)

Read the Guilt Gone Wrong article on page H-1 in the **Fireside Catholic Youth Bible - NEXT**. Discuss how it is possible for someone to feel false guilt? Ask them to share if this has ever happened to them. Remind the teens that feelings or emotions in and of themselves are not sin.

Closing Prayer

*Dear Lord, Help us recognize that when we feel justifiable guilt – it is because we have separated ourselves from You. Give us the courage to return to You in the Sacrament of Reconciliation and to be one with You again.
Give us Your Peace when we feel weary.
Give us Your peace when we feel alone.
Give us the strength we need to conquer guilt and sin
and the grace to recognize that You are always near.*

Music Reflection

If time permits, play the song “Give Us Your Peace” by Michael Mahler.
CD 1, Track 8 of the FCYB Music CDs.
Then, *all leave in silence.*

Bed Thinks

When you go to bed tonight, ask yourself this question . . .

**How long has it been since I went to confession?
Ask God to give you the desire to go more often. Resolve to receive the
Sacrament of Reconciliation sometime during the next week. Follow through!**

(Type this message on a small piece of paper and give to each teen as they leave.)

Guilt

Pages H-5 through H-8
Fireside Catholic Youth Bible - NEXT

Song: Give Us Your Peace
Words and Music by: Michael Mahler

CD 1, Track 8
FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bible – NEXT, FCYB Music CDs, CD player, completed index cards for the What Jesus Did Large Group Discussion, DVD player and DVD or clip of the movie “*Jesus of Nazareth*” for the What Jesus Said Large Group Discussion.

Setting the Stage

As the teens are gathering, have the song “*Give Us Your Peace*” by Michael Mahler playing in the background. CD 1, Track 8 of the FCYB Music CDs.

What Jesus Did

Opening Prayer (10 minutes)

Assign a different teen to read each of the Scripture passages at the top of page H-5 in the **Fireside Catholic Youth Bible – NEXT**. Then, prayerfully read the first paragraph of the What Jesus Did article. End with this prayer or a prayer from your heart.

Lord Jesus, thank You for dying on the cross for us. We acknowledge that You were the perfect sacrifice for the forgiveness of our sins. Your suffering took away our guilt, Amen.

Large Group Discussion – “The Blame Game” (15 minutes)

Ask ten teens to participate in a demonstration. Give the first five each a card with one of the five following phrases written on it. Give the second five each a card with one of the “accusatory” phrases on it from below. The second set of teens will act as the individual identified throughout the script.

1. It’s not my fault.
2. No one told me this would happen.
3. _____ (a friend) made me do it.
4. No one told me I couldn’t do that.
5. I didn’t realize what I was doing.

Have the second set of teens read the following scenarios (in character) to each of the first five teens – one at a time. Have the first five read the response on their card in character just as they would if confronted with the specific situation. Remind them that they have to respond with the words on their cards.

Officer: You were clocked going 60 in a 45. No warning this time, Here’s your ticket!
Parent: It’s 2:00 a.m.! You’re grounded. You know your curfew is midnight.
Principal: I’m sorry you plagiarized in your term paper. The “F” stays.
Doctor: The lab test doesn’t lie. You definitely have an STD.
Teacher: Give me your cell phone. You know you are not allowed to text in class.

Encourage the other teens that are not in the skit to offer other excuses people might come up with in answer to these accusations. Discuss how ridiculous the excuses sound and how people tend to blame others because of the guilt they feel. Discuss the relationship between guilt and blame. Why is assigning guilt such a normal reaction for so many people? What role does responsibility play in the process of assigning guilt?

Putting My Faith Into Action

Small Group Discussion (15 minutes)

Divide the teens into groups of two or three to discuss the To Make or Break and Tips for Talking entries on page H-7 in the **Fireside Catholic Youth Bible – NEXT**.

Make - Share a time when you wish you had said something but you didn't because you were afraid of what others would think.

Tips for Talking - Share what you would say to a friend who thinks that rules are only made to make you feel guilty when you break them.

What Jesus Said

Large Group Discussion (15 minutes)

Show the clip from the movie “*Jesus of Nazareth*” that depicts the scene of the woman caught in adultery. Then read the What Jesus Said article on page H-6 in the **Fireside Catholic Youth Bible – NEXT**.

Encourage the teens to share their answers to these questions:

What are some instances in your experience where feeling guilty was a good thing?

Are there people in your life who use guilt to get you to do what they want? Does this work?

How and why can using guilt to motivate others be dangerous and even harmful?

Closing Prayer (5 minutes)

Prepare in advance with a few teens a dramatic pantomime presentation of the In My Example article on page H-8 in the **Fireside Catholic Youth Bible – NEXT**. In silence, end with:

A Disciple's Prayer about Guilt

*Dear Lord, help me recognize that when I feel justifiable guilt,
it is because I have separated myself from You.*

Give me the courage to return to You in the Sacrament of Reconciliation and to be one with You again.

*Give me peace when I feel weary. Give me Your peace when I feel alone. Give me the strength
I need to conquer guilt and sin and the grace to recognize that You are always near.*

Mindful in the Morning

When you wake up in the morning, before you get out of bed, say to yourself . . .

**“Jesus, help me not to do anything today that makes me feel guilty.
Help me keep my eyes on you.”**

(Type this message on a small piece of paper and give to each teen as they leave.)