PARTICIPANT

Young Apprentices

A RESOURCE FOR THE OCIA

CATECHUMENATE SESSION **FEATURES**

PARTICIPANT RESOURCE

Customers who use *Apprentices in Faith* resources for adults in the OCIA process will notice that the *Young Apprentices* participants' resource is very different in look and structure. The *Young Apprentices* resource has been designed to be child, youth, and family friendly.

❶ Prayer
A prayer based on the Sunday readings and session focus may be used by the catechist, children and youth to begin or conclude the catechetical session, or in the home by the family to extend the focus of the session.

Art by Brother Michael O'Neill McGrath highlights the Gospel reading of the week or the liturgical season being celebrated.

❷ Sunday Word
Lists the Sunday readings as well as a Web site where the readings may be accessed

❸ To Help You Remember
Highlights key points of the discussion of the Scripture reading(s) highlighted in the session

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CATECHUMENATE SESSION: **SORROW FOR OUR SINS**

Third Sunday in Ordinary Time • Year B • January 24, 2027

❶

Brother Jesus,
you called Simon, Andrew,
James, and John
to follow you.

Open my ears
to hear you call my name.
Give me the courage
to follow you too.

Amen.



Sunday Word

❷

Jonah 3:1-5, 10

Psalm 25:4-5, 6-7, 8-9

1 Corinthians 7:29-31

Mark 1:14-20

The above readings are available at usccb.org/bible/readings.

To Help You Remember

❸

1. When Jesus began his public ministry, the first message he preached encouraged people to repent and to believe in the Gospel.

2. Simon, Andrew, James, and John left their nets, their jobs, their families, and their coworkers to follow Jesus.

3. Jesus calls each of us to follow him too.

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CATECHUMENATE SESSION **FEATURES**

PARTICIPANT RESOURCE

❹ Key Teachings
Identifies and summarizes the Church teaching highlighted in the session

❺ Faith Words
Presents faith words and definitions related to the session focus, with definitions taken from RCL Benziger's *Be My Disciples* and *Our Catholic Heritage* series

❻ Feature Box
Changes in focus from week to week to include some of RCL Benziger's *Be My Disciples* features, such as Faith-Filled People, Catholics Believe, Did You Know, and Disciple Power

❼ With My Family
Follows a consistent format of We Listen, We Believe, We Live as Disciples, and We Pray, offering families practical suggestions for continuing to reflect on God's Word and for discussing and applying key teachings to everyday life

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Key Teachings

❹ **Repent!**
Jesus encouraged people to repent, which means to turn away from sin and return to God.

Acknowledge!
The first step in repenting is to honestly acknowledge our sins and wrongdoing.

Be Contrite!
To be contrite is to be sorry for our sins. In the Sacrament of Penance and Reconciliation, we express our sorrow and receive God's forgiveness.

Faith Words

❺ **sins**
Sins are acts we freely choose to do wrong. They weaken or break our relationship with God and the Church.

Penance and Reconciliation
The Sacrament of Healing in which we receive, through the priest, God's forgiveness for our sins.

Faith-Filled People

❻ Through the Sacrament of Reconciliation, Saint John Vianney helped many people overcome their weaknesses and accept God's love. As people confessed their sins, he listened carefully and gave them advice on how to live as disciples of Jesus.

With My Family

❼ **We Listen**
For the second week in a row, we hear a story about Jesus calling his disciples. This week the story from the Gospel of Mark emphasizes repentance.

To repent means to change our ways. The disciples have to leave behind the old way of life in order to follow Jesus. What needs to change in your life? What needs to change in your family?

We Believe
The Sacrament of Penance and Reconciliation is a celebration of our repentance. It restores our relationship with God and the Church. See the activity page for an outline and explanation of the sacrament.

We Live As Disciples
The disciples in today's Gospel were all fishermen who used fishing nets. They left behind their nets and followed Jesus. Name one thing your family can leave behind in order to more closely follow Jesus. For example: Each one of you will turn off your cell phones at bedtime and spend five minutes in prayer. Or you will "leave behind" ten minutes of sleep in order to get to church on time.

We Pray
Pray the Act of Contrition found on the activity page. This is the prayer of repentance and sorrow that we pray as part of the celebration of the Sacrament of Penance and Reconciliation. You will want to learn this prayer.

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CATECHUMENATE SESSION **FEATURES**

PARTICIPANT RESOURCE

The *Young Apprentices* participants' resource will frequently include an additional reproducible page or two containing further suggestions for the catechist, an activity for the children and youth to be used within or outside of the session, or further activity suggestions for the family.

The sample pages shown here extend the With My Family section of the Third Sunday in Ordinary Time, Year B session (January 24, 2027).

When we seek God's gifts of love and forgiveness, we celebrate the Sacrament of Penance and Reconciliation. Here is a look at the steps in the individual Order of Penance. Make special note of the Act of Contrition. You will want to learn this prayer.



1. You are welcomed.

You enter the reconciliation room or confessional and the priest welcomes you. Together, you make the Sign of the Cross.

2. You listen to God's Word.

Sometimes the priest will read a story from the Bible.

3. You confess your sins and accept penance.

You confess all your serious sins to the priest. He will give you a penance to help you make amends for your sins.

4. You pray a prayer of sorrow.

As a sign of your sorrow, you say the following prayer, which is called an Act of Contrition.

O my God,
I am sorry and repent with all my heart
for all the wrong I have done
and for the good I have failed to do,
because by sinning I have offended you,
who are all good and worthy to be loved above all things.

I firmly resolve, with the help of your grace,
to do penance,
to sin no more,
and to avoid the occasions of sin.
Through the merits of the Passion of our Savior Jesus Christ,
Lord, have mercy.

5. You receive absolution.

The priest extends his hands over your head and says the words of absolution or forgiveness: "I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit."

6. You thank God for forgiveness.

The priest says, "Give thanks to the Lord for he is good." You respond, "For his mercy endures for ever."

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