



FORGIVEN

THE TRANSFORMING POWER OF CONFESSION

About *Forgiven*

Sin, guilt, failure, disappointment...these are all an unpleasant but universal reality of the human experience. We all have to deal with them, but we can't do it alone. The remedy is immediately available and miraculously effective—the Sacrament of Reconciliation.

Confession isn't a rule, a formality, or an old-fashioned ritual. It's an intimate and life-changing experience of God's mercy.

Forgiven explores the grace and healing offered in Confession and shows how this sacrament of mercy reveals the depth and bounty of God's love. By looking at God's revelation of his mercy in Scripture and making a step-by-step examination of the Rite itself, *Forgiven* communicates God's invitation to each one of us to come experience his indescribable love in the Sacrament of Reconciliation.

Episode 1: Where are you? (31 min)

Episode 2: An Encounter with Mercy (27 min)

Episode 3: Embraced in Mercy: The Rite Explained (32 min)

BONUS FORGIVENESS VIDEO RESOURCES ON FORMED

For Parish Staff: Strategies on How to Promote Confession

For Children: How to Make a Great Confession

For Catechists: Revealing Mercy in a Merciless World

Biblical Foundations: Sin, Mercy, and the Sacrament of Confession with Dr. Tim Gray

Answering Common Questions about Confession



Buy your leader guide and participant guides at Catholic Market.



Watch Now! Only on **formed**

An offering from the  AUGUSTINE INSTITUTE



IDEAS FOR USING *FORGIVEN* IN YOUR PARISH

Parish-wide study: Specifically, during Advent or Lent

OCIA / RCIA

Formation for parents whose children are enrolled in sacramental preparation (Baptism, Reconciliation, Confirmation)

Formation for middle school and high school teens enrolled in youth ministry or religious education

Marriage preparation evangelization

Volunteer, parish staff, and team continual education and formation

Family Formation

HOW TO PROMOTE CONFESSION AT YOUR PARISH ALONGSIDE *FORGIVEN*?

Invite a team of parishioners to be missionaries of mercy

- During stewardship weekends, invite parishioners to sign up for this role. Invite them to watch *Forgiven* and be advocates of fostering accessibility and a love of Confession in the parish community.

Include preaching about forgiveness, mercy, and confession in the homilies

Launch *Forgiven* discipleship small groups

Invite each parish team to consider how they can incorporate the Sacrament of Confession into their existing events and retreats.

Meet with the pastor to identify how you can free up his schedule so he can add additional opportunities for the Sacrament of Confession into the week.

EVANGELIZATION AND PARISH OUTREACH

Lent and Advent Penance Service

- Intentionally invite priests who will be pastoral in Confession for those who may have strayed away from the church for some time.
- Print out Acts of Contrition cards and instructions on “How to Make a Confession” at the entrance of the church to minimize anxiety for those who feel intimidated.

Outreach nights: Such as a Mercy Night or Night Fever

- Invite teams of people to knock door to door and invite neighbors to an evening of praise and worship, confession, and adoration.
- Pick a day where there will be natural foot traffic outside your church (summer festival, back to school night, etc.), and you can easily invite people to come inside and say a prayer.

Create an anonymous question box about Confession and share answers in the weekly bulletin or flocknote.

FAMILY FAITH FORMATION

With offerings on Formed, parents and children can be learning on parallel tracks at their appropriate audience level on topics of mercy and forgiveness.

- Children's track ideas: Signs of Grace
- Teen track: The Search Begins

CONTINUAL LEARNING PATHWAY

Content ideas to continue the formation of your parishioners as they discover the beauty of the Sacrament of Reconciliation.

- Video Series:
 - *The Search*
 - *Divine Mercy: The Second Greatest Story Ever Told*
 - *Metanoia: A Journey with Christ into Conversion*
- Prayer Video:
 - *Divine Mercy Chaplet with Franciscan Friars of the Renewal*
- Ebook: *Night's Bright Darkness: A Modern Conversion Story* by Sally Reed

LITURGICAL CALENDAR SUGGESTIONS

Advent, Lent,
Sacred Paschal Triduum
July 22 – Feast of
St. Mary Magdalene
June 27 - Feast of the
Sacred Heart of Jesus
January 25 – Feast of the
Conversion of St. Paul

Schedule Suggestions

Forgiven can be facilitated in various ways. With three video sessions, find the best format for your event and community!

3-WEEK SMALL GROUP

Meet weekly for 90 minutes:

Time	Steps	Overview
5 minutes	Opening Prayer	Begin with Opening Prayer. Ask the group for intentions to lift in prayer.
10 minutes	Weekly Check-In	Brainstorm a question for each person to answer. Examples: What lingered in your mind from last week's session? What are you hoping to learn this week? What was one moment of joy from your last week?
30 minutes	Play Video	Enjoy the video together. Make popcorn or bring snacks!

10 minutes	Break	
25 minutes	Discussion	Utilize small group questions from the <i>Forgiven</i> participant guide.
10 minutes	Closing Prayer	Meditate on a Scripture passage, include silence, and close in prayer.

ONE-DAY PARISH RETREAT

8:00 AM: Daily Mass

9:00 AM: Breakfast + Offer Confession

9:30 AM: Opening Prayer and Introductions

9:45 AM: A volunteer shares their testimony
+ Play Forgiven Video 1

10:15 AM: Break + Offer Confession

10:30 AM: Small Group Discussion

10:50 AM: A volunteer shares their testimony + Play
Forgiven Video 2

11:20 AM: Break + Offer Confession

11:30 AM: Small Group Discussion

11:50 AM: Lunch + Offer Confession

12:30 PM: Play Forgiven Video 3

1:00 PM: Small Group Discussion

1:15 PM: Offer Confession + Adoration

3-EVENING PARISH MISSION OR PARISH WIDE-STUDY

For a parish mission, schedule the evenings back-to-back in the same week, i.e. Wednesday – Friday from 6-8 PM at the Parish Hall. Recruit babysitters for parents who'd like to attend but often cannot.

For a parish wide study, schedule three weekly evenings or weekend afternoons, i.e. three consecutive Wednesdays in the month.



Find ready-to-use materials at
leaders.formed.org to promote
Forgiven in your community.

VISIT US AT:
WATCH.FORMED.ORG/FORGIVEN

