



Relationship with God - Session 4: What is Sin?

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Opening Prayer: Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: 1 John 2:1-17

After the Reading Conclude with this prayer:

Heavenly Father, open our eyes and minds to the areas in our life that need tending and healing. Help us to detest sin as it keeps us from being our truest self and ultimately keeps us from pleasing you. Help us to walk in the light and love our brother as You do. Amen.

Reflection or Discussion Question:

1. What do verses 1 John 2:9-11, mean to you “*Whoever says he is in the light, yet hates his brother, is still in the darkness. Whoever loves his brother remains in the light, and there is nothing in him to cause a fall. Whoever hates his brother is in darkness; he walks in darkness and does not know where he is going because the darkness has blinded his eyes.*”?

YouTube Video: What is Sin? with Fr. Mike Schmitz (6 Min) - <https://www.youtube.com/watch?v=s3iOar7VieU>

Reflection or Discussion Questions:

2. Before this video, how would you have explained “sin”? How has your perspective changed since watching this video?
3. How is it more or less helpful to think of sin as “intentionally breaking the relationship with God” or “hurting a friend of ours” instead of to think of sin as breaking a law or a commandment?
4. Fr. Mike Schmitz said sin is saying, 'God, I know what You want. I don't care. I want what I want.' Does this change how you look at what sin is?
5. Fr. Schmitz said “evil isn't a thing, it's an absence of a good or intentional distortion of a good” just like blindness or communication. How does this change your explanation of evil?
6. Did you know that God's will is to forgive you?
7. Have you ever thought of confession as “letting God forgive you” because he already wants to?

Session Challenges: {Choose one or both}

- Let God forgive you this week and walk forward into your week with God at your side.
- Read and learn more about sin from the Catechism of the Catholic Church in sections [1849-1864](#).

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear Lord, we realize that sin has a ripple effect that many times cannot be seen by us. Help us to turn away from the sin in our lives. Open our eyes to clearly see the distortion and misuse of Your good. Reveal to us Your will, Your heart, and Your goodness. Draw us more deeply into Your heart so we can see when we hurt You and how we are breaking our relationship with You. Help us to choose what You want above our own desires, so we can make room for Your forgiveness to meet our hearts. Build our faith to turn away from fear and trust in Your goodness and mercy. In the name of Jesus Christ. Amen