



ACTIVITY 5

Two Kinds of Sin

FAMILY CATECHISM STUDY

Age level: All ages

Recommended time: 15 minutes around the kitchen table

What you need: Two Kinds of Sin (**page 88** in the children's activity book)

What you need to know before you begin:

Just like physical injuries damage or kill our bodies, sins damage our souls. All sins are bad, but some are worse than others. Venial sins hurt our relationship with God. They weaken charity, impede the soul's progress in the exercise of the virtues, and merit temporal punishment. In addition, deliberate and unrepented venial sin disposes us little by little to commit mortal sin. However venial sin does not break the covenant with God. With God's grace it is humanly reparable.

Mortal sins, on the other hand, cut us off from God. Committing a mortal sin is a spiritual death. We cannot receive the Eucharist when we are in a state of mortal sin, just as a dead person is not helped by eating food.

A mortal sin requires three conditions:

- › The object (sin committed) is grave matter.
- › It is committed with full knowledge.
- › It is done with deliberate consent.

A person commits a venial sin in two cases:

- › When he does not observe God's law in a less serious matter.
- › When he does not have full knowledge or give full consent in a grave matter.

Activity

- A. Help your children understand the difference between mortal and venial sin by assisting them to complete the matching activity on **Two Kinds of Sin (page 88 in the children's activity book)**.
- B. Emphasize that mortal sin cuts us off from God, and that confessing it is necessary to restore grace in our souls. We may not receive Holy Communion if we have unconfessed mortal sin.
- C. Continue to explain that confessing venial sins is important as well, because it helps us form our consciences and avoid future sin.

Answers:

- | | | |
|-----------|-----------|-----------|
| 1. Venial | 4. Venial | 7. Mortal |
| 2. Mortal | 5. Mortal | 8. Venial |
| 3. Venial | 6. Venial | 9. Mortal |

BONUS ACTIVITY

Making the Right Choice

Age Level: All ages

What you need: Making the Right Choice (**page 89** in the children's activity book)

To help your children understand that sin is a choice, explain that God made us to be His children. And as children of God, we have a body, like animals, and a soul, like angels. We are created differently from animals because we have the ability to love and serve God.

We are all created in the image and likeness of God. This means that God gave us minds to think and make choices. We have been given the freedom to choose between good and bad. God is a loving Father and wants us to be happy. He knows that the only way we can be happy is to choose good and say no to sin. The problem is that sometimes doing the wrong thing looks good.

Have your children respond to the scenarios on **Making the Right Choice (page 89 in the children's activity book)**. Your children may say their answers aloud or write them down.