[Effective Examination of Conscience]

Target Audience: Adult Catholic Christians who have already received their first holy communion and need a refresher on preparing for reconciliation

Learning Objectives: After the video, the Learner will be able to

1. Distinguish between a mortal and a venial sin
2. List the 10 Commandments of the Catholic Church
3. Identify mortal sins that need to be shared during confession

Seat Time: 1-2 minutes

Outline:

- Introduction / Objectives
- What is a Sin?
- Examination of Conscience Basics
- 10 Commandments
- Summary

Characters:

- Priest
- Church-goer
- Teacher

Color Palate:

White Board Video—mostly black and white

Purple—Color of Reconciliation #4D0276

Red--#FFFFFF



Font: Mouse Memoirs; Patrick Hand

Directions: Please use Track Changes to make comments or add suggestions to this StoryBoard.

Module Resources/References:

- Link to United States Conference of Catholic Bishops (USCCB) page on Examination of Conscience
- Link to St. John the Apostle and Our Lady of Perpetual Help Catholic Church's resources on Examination of Conscience

Link to Catholic Apptitude website

Slide 1			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Priest on left **Church-goer on right** **Sign in the middle with Title & Subtitle of course**	Going to reconciliation, commonly called confession, can be a scary thing. But in order to be in a state of grace with God, it is an essential step in the journey of forgiveness that will ultimately lead you to a peaceful outcome.	[Title] How to Make a Complete Examination of Conscience [Subtitle] An Adult's Guide to Preparing for Reconciliation	White Board Animation Priest gives a Thumbs Up Church-goer with a clip board Sign in the middle with purple title & Black sub title
Notes:			

Slide 2			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Church-goer on Block **Circles surround her with reasons for the sacrament of reconciliation**	Before we begin, we should know why we go to Reconciliation. Reconciliation offers us so many blessings! From participating in a sacrament of the church to cleansing our soul and experiencing God's grace and forgiveness, Reconciliation offers Catholics who have completed their Baptism an opportunity to unburden their soul and start anew.	[In Block] Why Reconciliation? [In circles surrounding character] Communion with the Church Forgiveness Accountability Grace Sacrament Relationship with God Relinquish Guilt	White Board animation Circles pop up around the character Character smiles and nods
Notes:			

Slide 3			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Same set up as slide 1	By the end of this video, you will be able to define the types of sins that need to be confessed through reconciliation, recognize the 10 commandments and state why they are important to the act of reconciliation, and list the steps to complete the sacrament of reconciliation.	[Top of divider] When you are finished with the video, you will be able to… [Under divider] 1. Define the types of sins that need to be confessed during reconciliation 2. Recognize the 10 commandments & state why they are important to reconciliation 3. List the steps to complete the Sacrament of Reconciliation	**Same as Slide 1**
Notes:			

Slide 4			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Road with 5 signs **Church-goer walking in front of the signs, across the length of the screen**	Before going to reconciliation, Catholics need to begin with an examination of conscience, followed by identifying their mortal sins. Next, we attend reconciliation and confess our sins. Finally, we are forgiven and given penance. But how do we know what sins we need to confess during Reconciliation and which sins it is okay to simply pray about and ask for God's grace?	[Title] Roadmap to Grace [Text in Flags] Start! Examine Identify Confess Penance	**White Board Animation** **Church-goer walking in front of the signs, across the length of the screen**
Notes:			

Slide 5			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Teacher with White board	Let's start by identifying the two different types of sins, Mortal & Venial, and then learning how the 10 commandments are involved.	[Title] Types of Sins [Points] Venial Mortal 10 Commandments	**White Board Animation** **Teacher pointing** **Camera used to focus around main portion of white board**
Notes:			

Slide 6			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Teacher with White Board	Venial sins are lesser sins that do not completely separate us from God and his grace. When we commit venial sins, like using foul language, Catholics are allowed to simply pray to God and ask for forgiveness.	[Title] Venial Sins [Points] Lesser Sin Not a complete separation Does not need a full confession	**White Board Animation** **Camera is positioned around main portion of white board** **Teacher pointing up**
Notes:			

Slide 7			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Teacher with White board	Mortal Sins are larger sins. They are a grave matter that destroys the grace of God because of the sinner's full knowledge and consent that their actions are against God's laws.	[Title] Mortal Sins [Points] Destroy the grace of God Full knowledge and consent of the sinner Grave Matter	**White Board Animation** **Camera is positioned around main portion of white board** **Teacher pointing at the board**
Notes:			

Slide 8			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Circle on right with question inside **Three arrows with bullet points on the left pointing to circle** **Text underneath**	But what is considered a Grave sin? A grave sin is when someone disobeys a divine law in a grievous matter with full knowledge and consent. The matter may be serious either in itself, for example blasphemy, or because of the circumstances, such as striking one's father or mother, or due to its purpose like telling a lie in order to destroy a person's character. The best way to examine our lives and be sure we are falling God's divine Laws is to know and follow the 10 commandments.	[Circle] But what is considered a grave matter? [Arrows] Serious Matter Serious Circumstances Serious Purpose [text Underneath & Centered] The 10 Commandments are the best way to examine our lives and ensure we are following God's laws.	**White board Animation**
Notes:			

Slide 9			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Church-goer on left **Centered Box with Title** **Text Below Box**	So let's review the laws the God handed down to Moses in the Book of Exodus in the Old Testament of the Bible. This will give us a quick but complete guide of what we need to confess during the sacrament of reconciliation.	[Title] The 10 Commandments [Text] Let's Review Them!	**White Board Animation** **Church-goer smiling**
Notes:			

Slide 10			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Same set up as slide 2 **10 total circles (instead of original)**	Each of these 10 laws covers a specific aspect of our lives and how God wants us to act in different situations. While each commandment has its own set of sub questions that you should use to examine your actions, these laws ask that you treat yourself and your neighbor with love and respect, and that you place nothing before God. For a complete guide utilizing the 10 commandments for your examination of conscience, visit the website for the United States Conference of Catholic Bishops or your church's website.	[Box] 10 Commandments [Circles] Do not take God's name in vain Keep the Sabbath holy Do not Cover your neighbor's spouse Do not covet your neighbor's goods Honor your father & mother You Shall not kill You shall not commit adultery Do not bear false witness Have no strange gods before God You shall not steal	Same as slide 2
Notes:			

Slide 11			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Church with priest **Church-goer enters from left** **Box on top with Title Text**	Once you have taken time to prayerfully complete a thorough examination of conscience, you can make an appointment to meet with your priest or simply attend posted hours for your church's sacrament of reconciliation.	[In Box] Reconciliation: By Appointment	**White Board animation** **Priest waving and smiling, looking to left** **Church-goer enters from left and walks to priest**
Notes:			

Slide 12			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Cross in top center of screen **Church-goer on left, seated in chair, looking at a cell phone** **Partition in center of screen, just below cross** **Priest on right, seated in chair**	Looking for help remembering what to say and when? There are several good apps for your smart phone that will lead you through the act of confession, or ask your priest for a refresher, if you need guidance.	[No text on screen]	**Church-goer looking at phone** **Priest on other side of partition nodding**
Notes:			

Slide 13			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
3 Circles, small, medium, & Large in Bulls-eye set up **Text in each circle** **Arrow pointing to center with text** **Church-goer on right, looking at bulls-eye and pointing towards it**	Once you have Made a Complete Examination of Conscience and participated in the sacrament of confession, the priest will assign you penance so that you can make reparations for your sin. This will usually involve a few prayers, or even an act of volunteering. Completing this task will complete your sacrament of Reconciliation and penance and you will be back in full communion with God and the Catholic Church.	[Large Circle] Examination of Conscience [Medium Circle] Confession & Penance [Small Circle] Full Communion with God [Arrow] Steps to full Communion with God	White Board Animation Church-goer nodding
Notes:			

Slide 14			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Desk with plants, pens in cup, coffee & computer Text on Computer Screen	If you would like more resources on the Sacrament of Reconciliation and Penance, please visit any of the following websites for more information.	[Title] For More Resources [Resources] The United States Conference of Catholic Bishops Website www.usccb.org Our Lady of Perpetual Help & St. John the Apostle Website www.olphsja.org Catholic Apptitude https://catholicapptitude.org/confession-apps/	White Board Animation
Notes:			

Slide 15			Objective: [#]
Visuals/ Graphics:	**Script/ Audio**	**Text on Screen**	**Programming/ Animation Notes**
Character with bun on left **Text mid right center**	**No sound**	Video Created & Edited in Yvond By J. Elaine Atherton Audio: wellsaidlabs.com See more of my work at www.elainetherton.com	**Character is waving at the screen**
Notes:			