



Purpose 2.0 Notes: Session Ten

“Holiness consists simply in doing God’s will, and being just what God wants us to be.”
— St. Thérèse of the Little Flower

Dear Purpose 2.0 Parents:

Please use these notes to guide you through each week’s ALIVE session.

You can log in at: damascus.net/alive/

Video Format

Each week’s ALIVE session includes a video for your family to watch and engage in together to learn more about our Catholic Faith. These episodes challenge your family to **play, learn, pray, and discuss** together.

Play: Each ALIVE session begins with a short and spontaneous family game and short humorous videos to engage your family in laughter and fun together!

Learn: This core teaching segment communicates a core faith teaching in an engaging way to touch your minds and hearts.

Pray: This segment prompts families to engage in prayer in different ways.

Discuss: Discussion questions allow your family to engage in meaningful dialogue about the core faith teaching.

Resources

ALIVE Resource Guide: Accessible by clicking a button beneath each ALIVE video.

Previous Purpose 2.0 Notes: notes from past ALIVE sessions can be found at:
<https://littleflowertoledo.org/nextgen/middle-school/>

This Week’s Lesson - Session 10

We encourage you to focus on the **LEARN** segment of the **Session 10** video (core teaching). As you open the video, this section begins at **24:37 minutes**. As time and interest permits, we invite you to engage in the other sections of the video as you desire. **We especially encourage you to view the short 3 minute segment presented by Connall, a Damascus Missionary, who shares how Confession changed his life!**

After viewing the **LEARN** segment, please **DISCUSS** the following questions:

1. What do you remember about the last time you went to confession?
2. What are some things you can do to make the best possible confession?
3. What qualities of Jesus do you desire the priest to show during the Sacrament of Confession?

IMPORTANT: After viewing each week’s video, please scroll down and click on **MARK COMPLETE**. This will allow you to view the next week’s video.