



The Sacrament of Reconciliation

GOOD SHEPHERD FAMILY FAITH FORMATION GROUP

NOVEMBER 26, 2018

About the Sacrament

- ▶ There are 7 Sacraments, divided into 3 main groups:
 - ▶ **The Sacraments of Initiation**
 - ▶ Baptism
 - ▶ Confirmation
 - ▶ Eucharist
 - ▶ **The Sacraments of Healing**
 - ▶ Reconciliation
 - ▶ Anointing of the Sick
 - ▶ **The Sacraments at the Service of Communion**
 - ▶ Holy Orders
 - ▶ Matrimony

Known by Several Names

- ▶ Reconciliation
- ▶ Confession
- ▶ Penance
 - ▶ All three names represent different aspects of the Sacrament
 - ▶ Reconciliation emphasizes the restoration of our relationship with God and with the Community
 - ▶ Confession and Penance are both critical elements of the Sacrament

It's all about Relationship



- ▶ We are created in the image of God.
- ▶ As God exists in relationship – Father, Son, Holy Spirit, so do we – in relationship with God and with each other.
- ▶ Sin disrupted this harmonious relationship.
- ▶ God continuously invites us to return to a right and just relationship.
- ▶ God never tires of forgiving us; we are the ones who tire of seeking his mercy.

(Evangelii Gaudium, no. 3)

A Relationship in Need of Healing



- ▶ Our relationship with the Community is also damaged by sin.
- ▶ “Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first be reconciled with your brother.” (Matthew 5: 24).

Disposition to Receive the Sacrament

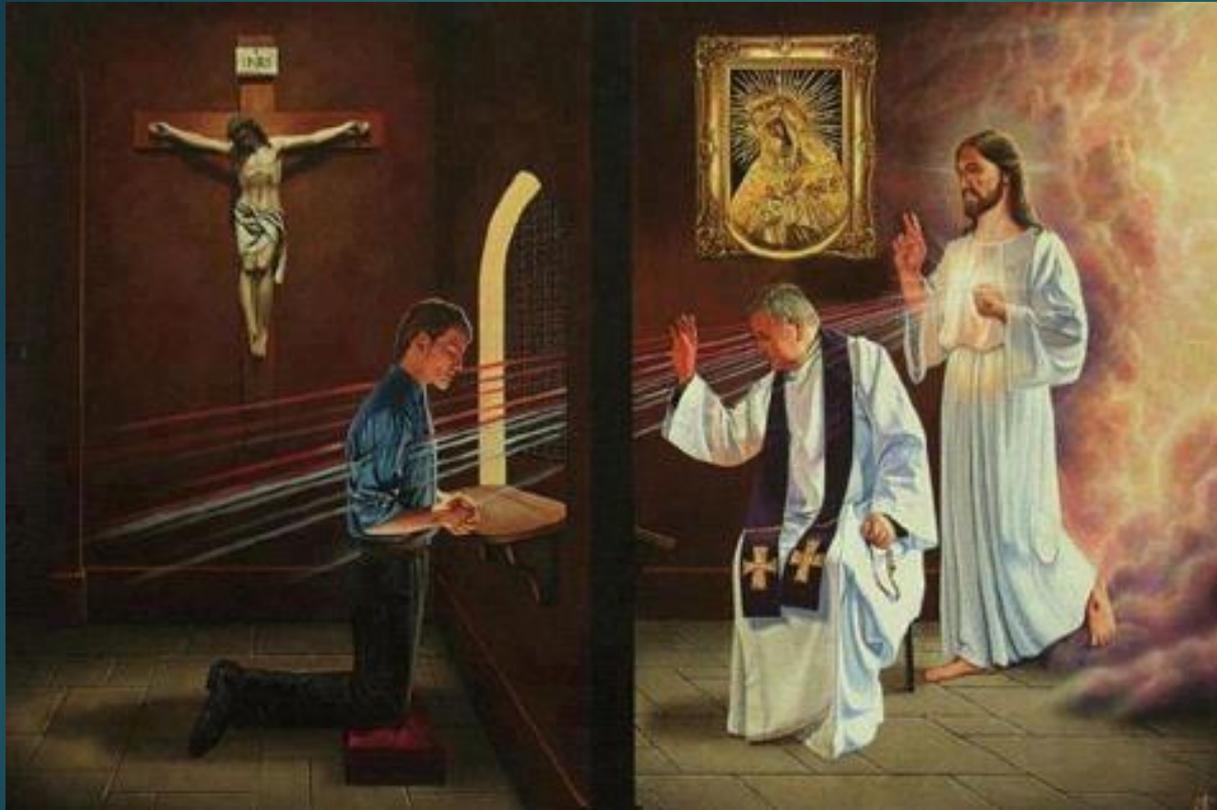
To receive the sacrament of penance, a member of the Christian faithful must be willing to reject sins committed, try to sin no more, and turn back to God (Canon 987).

- ▶ Be aware of the reality of sin.
- ▶ Believe in God's grace, forgiveness, and mercy.
- ▶ Desire a conversion of heart.
- ▶ Be willing to cooperate with God's grace.

The Elements of the Sacrament of Reconciliation

- ▶ Examination of conscience - we must realize our sins
- ▶ Contrition – we must be sorry for our sins
- ▶ Confession – we must confess our sins
- ▶ Penance – we must make reparation for our sins
- ▶ Absolution – God’s forgiveness

Why Confess to a Priest?



Note that Catholics do not tell their sins to a priest "instead of to God," but to God *through* a priest, appointed by our Lord as Christ's representative on earth.

[Bishop Barron video on YouTube](#)

Why Confess to a Priest?

- ▶ Scripture tells us:
 - Matt 16:18-19 "And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven."
 - Matt 18:18 "Amen, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven."
 - John 20:21-22: Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he has said this, he breathed on them and said to them, "Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained."

Two types of sin:

Venial Sin

- ▶ Venial sin manifests a disordered affection for created goods and impedes the soul's progress in the exercise of the practice of the moral good;
- ▶ Un-repentent 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.

Conditions for Mortal Sin

- ▶ It must be of a grave matter, i.e. an offense against the 10 commandments;
- ▶ It is committed with full knowledge, i.e. one understands how grave it is;
- ▶ It is done with deliberate consent, i.e., I know it is a sin but I do it anyway.

Reconciliation and the Eucharist

- ▶ The Church requires confession of serious (mortal) sins at least once a year; but it is recommended once a month. Regular confession of venial sins helps us avoid them turning into mortal sins.
- ▶ Anyone who is aware of having committed a mortal sin must not receive Holy Communion, without having first received sacramental absolution, unless he has a grave reason for receiving Communion and there is no possibility of going to confession.
- ▶ Children must go to the sacrament of Penance before receiving Holy Communion for the first time (Catechism 1457).

The 'Steps' of Confession

1. The priest welcomes you and you make the sign of the cross.
2. You say: "Bless me Father, for I have sinned. It has been _____ months/years since my last confession.
3. Confess your sins to the priest.
4. Say: "For these and for all of my sins I am sorry."
5. Listen to the advice the priest gives you.
6. The priest will give you a penance to complete after you leave the confessional.
7. Say the Act of Contrition
8. The priest gives you absolution.
9. After leaving, complete your penance.

Parish Reconciliation Service

- ▶ **Monday, December 10**
 - ▶ **Pizza dinner served from 4:00pm – 7:30pm**
 - ▶ **Confessions heard by 10-12 priests from:**
 - ▶ **4:30 – 5:30pm**
 - ▶ **6:30 – 8:00pm**