

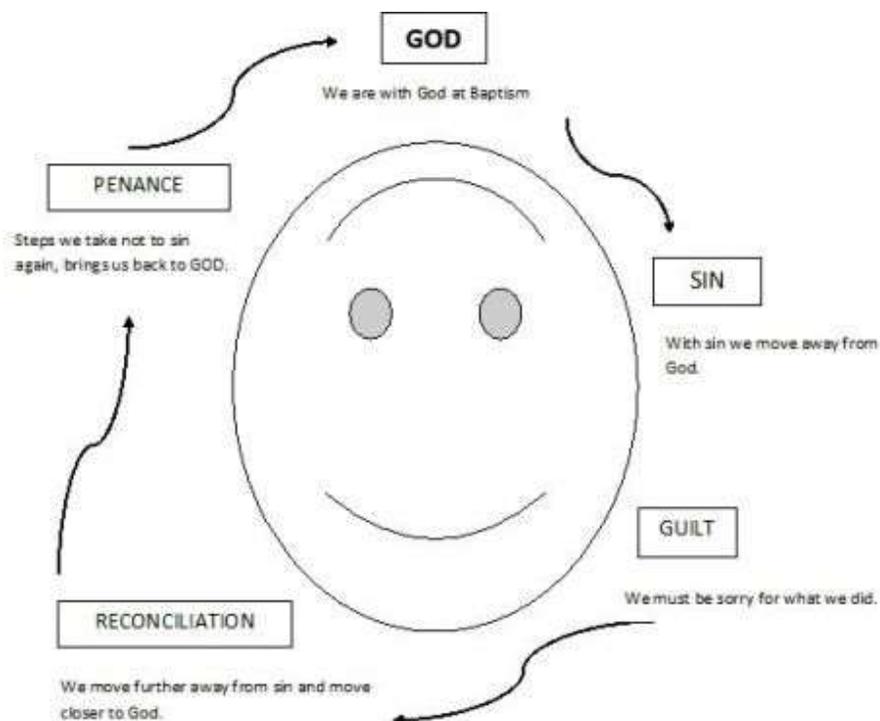
## Lesson 17: Reconciliation

*Please click twice to watch the video* <https://www.youtube.com/watch?v=abVVsg1TGL4>

The Sacrament of Reconciliation, one of the two Sacraments of Healing, is an encounter with Jesus that forgives sins and restores us to grace. This Sacrament (otherwise known as Confession or Penance) is the sacrament that frees a person from their mortal and venial sins. It is called *Reconciliation* because we are asked to, “Be reconciled by God”

The Sacrament of Reconciliation is the process or steps we take in order to reunite ourselves with God. In essence it is: “The invitation to the door of forgiveness, freedom of sin and of guilt and with that; Peace”

Before we open the door we prepare ourselves by reflection or examining our conscience and think about what we are going to do to stop doing the wrong doings. When we are ready, we open the door to face and talk to God through His disciple (the priest). We confess (in all honesty) our sins and tell Him what we will do to make amends and how truly sorry we are by saying the act of contrition. When we are done we are given absolution (forgiveness) through the power of the Holy Spirit and are reunited with God.



**Sin-** breaking God's law

**God's Laws-** Ten Commandments

**Ten Commandments-** laws from God that we must always keep

**Mortal Sin-** a very serious sin that we know it is wrong and we choose to do it anyway

**Venial Sin-** is a less serious sin against God

**Penance-** the prayers or good works that the priest asks you to do after you have finished making your confession

## **A Step By Step Guide To Making Your Confession Through The Sacrament Of Reconciliation**

Prepare yourself by reflecting on your sins and what you are going to do to try and stop repeating the sin. Only when you are ready, do you proceed to the Confessional.

Kneel, make the sign of the cross and say, "Bless me Father for I have sinned."

Tell the priest how long it has been since you last confessed. "It has been \_\_\_\_ since my last confession." If it is your first time, then just say "this is my first confession."

Tell the priest your sins and how you have hurt God and when you have finished say "For these and all my sins, I am truly sorry."

Listen to the priest if he has any advice for you.

Say the Act of Contrition.

Listen to the words of the priest as he gives you absolution: the forgiveness of your sins.

Go quietly and do your penance.

After completing the Sacrament of Reconciliation the candidate is right with God and their sins have been forgiven.

Reconciliation is a sacrament we can receive over and over again, but many people hesitate to take advantage of this wonderful opportunity. It isn't surprising since no one likes to confess they did anything wrong. "It's embarrassing!" "What if the priest judges me?" "It isn't really a sin; God will forgive me anyway."

Reconciliation is called a healing sacrament for a reason! We all sin. That is why Jesus died on the cross; to save us from our sins! Reconciliation is a sacramental way to admit our mistakes, receive forgiveness, and try again. There is nothing more refreshing and hopeful than going to Reconciliation.



*Pray*

PRAY THAT GOD WILL GIVE YOU PEACE AND HELP YOU MAKE A GOOD CONFESSION.

REFLECT ON WAYS YOU HAVE HARMED YOUR RELATIONSHIP WITH GOD, YOURSELF & OTHERS.

*Reflect*



**A PRAYER BEFORE CONFESSION:**

Dear Jesus, help me to make a good Confession,  
Help me to find out my sins, Help me to be sorry for them,  
Help me to make up my mind not to sin again,  
have mercy on me, O Lord, and forgive me.  
Mary, my mother, pray for me.

