



Baptism, Reconciliation (Penance), Eucharist (Holy Communion), Confirmation, Marriage, Holy Orders, and Anointing of the Sick.

PENANCE / CONFESSION

"Confessing our sins may be difficult for us, but it brings us peace. We are sinners, and we need God's forgiveness!"
- Pope Francis, Twitter, 11/18/13

A collage of images related to the Sacrament of Reconciliation. It includes a diagram showing a person on a cliff labeled "People" and a gap labeled "Sin separates us from God" leading to a cliff labeled "God". Below this is an image of Jesus embracing a man. To the right is a glowing cross with the text "YOU ARE FORGIVEN". Further right is an image of Jesus sitting on a rock with the text "Come to me and I will give you rest." The background is a dark, misty forest.

OPENING

PRAYER: God our Father, you are full of love and forgiveness. We come before you now, as we are trying to find our way. Trying to make the right choices, but sometimes failing. Lord Jesus when you were nailed to the cross, the world came to know the depth, the length and the breadth of your love. We gaze upon your cross in wonder. We ask you to heal us, to make us whole by your forgiving love. Oh Holy Spirit, open our minds and our hearts that we may see our lives as they really are and see what our lives may become in you. Amen.

A stylized black and white icon of a church with a cross on top, and a group of people holding hands in a circle in front of it.

This is a sacrament of **HEALING**.
It's difficult, worth it and good for you.
FOCUS: Healing relationships with God, self, others and creation.
4 elements are needed in this sacrament:
Confession, Contrition, Absolution, Satisfaction



"Bless me Father for I have sinned..."

Most important act, a **sincere sorrow** for having offended God. There can be no forgiveness of sin if we do not have real sorrow and a firm resolve not to repeat it

Confronting our sins in a profound way to God requires we speak about them —aloud— to a priest.

The priest, with "**the Keys to The Kingdom**" given by Christ, imparts the words which reconciles our sins to God through the merits of Christ crucified on the Cross.

"May God Give You Pardon and Peace..."



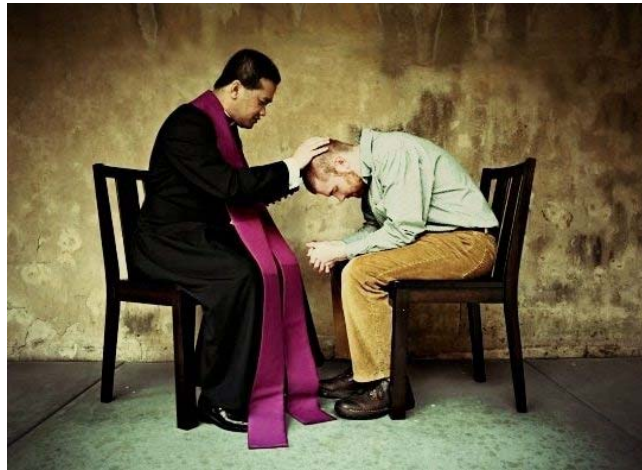
Priest Prayer of Absolution:

He extends his hands over the penitent's head (or at least extends his right hand) and says:

God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, + and of the Holy Spirit.

The penitent respond saying "Amen" (I believe).

- **Sacrament of Reconciliation is an opportunity to heal the wounds** caused by our sins; within ourselves and in our relationship with God and with others.
- **We are cleaned, reconciled with God & others, and feel a renewed purpose** to be more like Christ in the world.
- It is a time to **accept the gift of God's eternal love.**
- Our healing is **the "penance" imposed in reparation for our sins.**
- We are **remitting debt through spiritual, physical or material punishment** still owed even after absolution.
- Saying heartfelt 'The Lord's Prayer,' Acts of Contrition, or Love and Service.
- Living out the Sacrament of Reconciliation by **being a reconciling and forgiving person** with friends, co-workers, a spouse, family member & the community.



CLOSING PRAYER: Here in the House of God, there is always peace, love, welcome and forgiveness. Help me to relax and feel comfortable when sharing my truths, needs, hopes and mistakes.

Jesus, you promised to be with us always, and said we should forgive others seventy - times - seven. Help me to listen and trust in You, no matter what. When I confess my sins, I am sincerely sorry, and promise to work harder not to sin again.

Your home is our sacred place. As your loving child, help me to respect YOU by adding my voice to the prayer Jesus taught us, and celebrating all the sacraments, as a way to honor and thank you for your unconditional love for me. Amen.