



St. Thomas the Apostle Catholic Church
Sacrament Exam
Penance/Confession/Reconciliation

- 1. What are the two essential elements of this sacrament?**
 - The acts of the penitent – what I do
 - the absolution of the priest – what the priest does

- 2. What are the three acts of the penitent?**
 - Contrition – be sorry for my sins & decide, trusting in God’s help, not to sin again
 - Confession – tell my sins to the priest
 - Satisfaction – do the penance the priest gives me

- 3. How do I examine my conscience?**
 - I compare my life with God’s Commandments and think about the ways I have not lived according to God’s laws

- 4. What is contrition?**
 - It is true sorrow for the sins we have done and the desire to never do them again
 - It means we hate sin and trust in God to help us do better

- 5. What is absolution? What does it do?**
 - It is the forgiveness of sins the priest grants in the name of Jesus Christ
 - It restores our relationship with God
 - It reconciles us to the Church

- 6. What is penance?**

Penance is what the priest gives us to help make up for the effects of our sins. Some examples are:

 - prayer
 - service to neighbor
 - giving up something we want for ourselves
 - work of love