

St. Thomas the Apostle Catholic Church

Sacrament Essentials: Penance/Confession/Reconciliation

Matthew 5:7: *Blessed are the merciful, for they shall obtain mercy.*

1. What is the purpose of this sacrament? How is Jesus present in it?

In the sacrament of reconciliation, Jesus forgives us of sins we have committed after our baptism.

2. What are the three acts of the penitent (the things that I do)?

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?

In an examination of 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?

Contrition 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?

Absolution is the forgiveness of sins the priest grants in the name of Jesus Christ. It restores our relationship with God. Absolution 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

7. What is the Act of Contrition?

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

8. What prayers should I memorize for my penance?

Our Father: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary: Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be: Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.