

St. Thomas the Apostle Catholic Church

Sacrament Essentials: 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?

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.