

# Jesus Heals Us in the Sacrament of Reconciliation

Keep these ideas in mind as you study **Chapter 14**.

✦ Contrition is the sadness we feel for having sinned. Perfect contrition is feeling sorry for our sin because we love God and want to be close to him. **PAGE 88**

✦ On Easter Sunday night, Jesus gave his disciples the gift of the Sacrament of Reconciliation. **PAGE 89**

✦ Praying to the Holy Spirit is part of preparing for confession. God gave us his Holy Spirit to help us follow his way of love. The Spirit can help us see how we have loved or failed to love. **PAGE 90**

✦ To prepare for confession, we examine our conscience. We think and pray about how we have followed in Jesus' footsteps. Have we loved God, others, and ourselves? **PAGE 90**

✦ When we confess, we tell our sins, how often we committed them, and why we committed them. We may not always know the reason. When we think about why we have sinned, we can discover ways to avoid sinning in the future. **PAGE 90**

✦ During Reconciliation, we pray an Act of Contrition to say we are sorry for our sins. Jesus forgives us through the words and actions of the priest. **PAGE 91**

✦ A penance is something that will help us keep our promise to avoid sin. The priest gives us a penance during confession. Often, it is a prayer to pray or a good deed to perform. **PAGE 91**

✦ Jesus forgives our sins through the words and actions of the priest. The action occurs when the priest extends his hand over us. The words are, "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." This is absolution. **PAGE 91**

✦ As we are absolved, we pray the Sign of the Cross. This is the sign we make to show that we are God's people. **PAGE 91**

For more games, activities, and resources related to Christ Our Life, please visit [www.christourlife.org](http://www.christourlife.org).