

## I Know These Words

### Chapter 1

**grace:** the gift of God given to us without our earning it. *Grace* fills us with God's life and makes us his friends.

**Original Sin:** the result of the choice that Adam and Eve made to disobey God. We need to receive sanctifying grace in Baptism to free us from *Original Sin*.

**reconcile:** being restored to God's grace by confessing our sins in the Sacrament of Reconciliation. Jesus came to *reconcile* us with God.

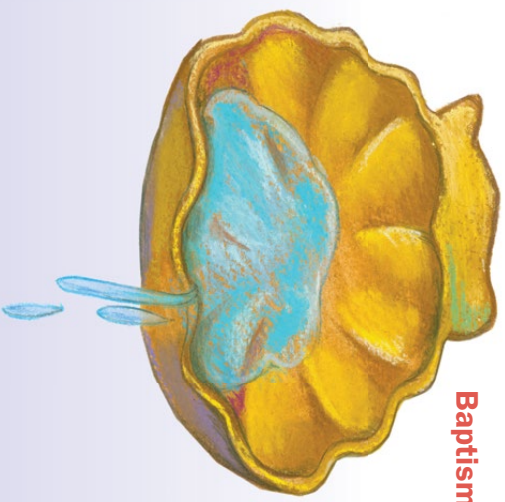
**Savior:** Jesus, the Son of God, who became man to make us friends with God again. The name Jesus means "God saves." Jesus is the *Savior* whom God sent to free the world from original sin.

**temptation:** a thought or feeling that can lead us to disobey God. *Temptation* can come either from outside us or inside us.

### Chapter 2

**Act of Contrition:** a prayer of sorrow for our sins and of our desire to do better. During the Sacrament of Reconciliation, we pray an *Act of Contrition*.

**Baptism:** the sacrament that frees us from original sin and gives us new life in Jesus Christ through the Holy Spirit. *Baptism* is the first of the three Sacraments of Initiation by which we become full members of the Church. The other two Sacraments of Initiation are Confirmation and the Eucharist.



Baptism

**Confirmation:** the sacrament that completes the grace we receive in Baptism. *Confirmation* is the Sacrament of Initiation in which we are made stronger in our faith. The other two Sacraments of Initiation are Baptism and the Eucharist.

**Eucharist:** the sacrament in which the Body and Blood of Christ is made present under the form of bread and wine. The *Eucharist* is the Sacrament of Initiation in which we give praise and thanks to God for giving us Jesus Christ. The other two Sacraments of Initiation are Baptism and Confirmation.

**sacrament:** one of seven ways through which God's life enters our lives through the work of the Holy Spirit. A sacrament is a sign of the grace we receive through Jesus Christ. The seven *sacraments* are Baptism, Confirmation, Eucharist, Reconciliation, Anointing of the Sick, Holy Orders, and Matrimony.

**Sacraments of Initiation:** the three sacraments that make us full members of the Church. The *Sacraments of Initiation* are Baptism, which frees us from original sin; Confirmation, which strengthens our faith; and the Eucharist, in which we receive the Body and Blood of Christ.

**sin:** the free choice to disobey God. *Sin* hurts our relationship with God, with ourselves, and with others.

**Reconciliation:** the sacrament in which we celebrate God's forgiveness of the sins we have committed. In the Sacrament of *Reconciliation*, we express our sorrow for our sins and confess them to a priest.



The Holy Spirit  
is present in the  
Sacraments of Initiation.

## Chapter 3

**free will:** our ability to choose between right and wrong. *Free will* is a gift from God.

**moral choice:** a choice to do what is right. We make a *moral choice* because it is what we believe God wants.

**mortal sin:** a serious decision to turn away from God. *Mortal sin* cuts us off from God's love and grace.

**venial sin:** a choice we make that weakens our relationship with God or with others. *Venial sin* is less serious than mortal sin.

## Chapter 4

**confess:** to admit having done something wrong. During the Sacrament of Reconciliation, we *confess* our sins to a priest.

**contrition:** an expression of sorrow for our sins and of our desire to do better in the future. During the Sacrament of Reconciliation, we pray an Act of *Contrition*.

**forgiveness:** the gift of God that repairs our broken relationship with him through the words of the priest. We receive God's *forgiveness* in the Sacrament of Reconciliation.

absolution



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## Chapter 5

**absolution:** God's forgiveness of our sins that we receive through the Church in the Sacrament of Reconciliation. After we pray the Act of Contrition, the priest gives us *absolution*.

**conscience:** the inner voice that helps us know God's law and guides us to know what is right and wrong. Our *conscience* helps us make good choices.

**examination of conscience:** the act of prayerfully thinking about what we have done or failed to do. An *examination of conscience* is a necessary part of preparing to celebrate the Sacrament of Reconciliation.

**penance:** the prayer or good deed the priest asks us to do in the Sacrament of Reconciliation. Doing our *penance* shows that we are sorry and want to turn away from sin and live as God wants us to live.

**Seal of Confession:** the duty of a priest to keep secret anything that he learns from someone in the Sacrament of Reconciliation. A priest is required by the *Seal of Confession* to keep secret whatever we confess in private.

## Chapter 6

**confession:** the act of telling our sins to a priest in the Sacrament of Reconciliation. We receive God's grace when we go to *confession*.

**Sacrament of Penance and Reconciliation:** the sacrament in which we celebrate God's forgiveness of the sins we have committed. In the *Sacrament of Penance and Reconciliation*, we express our sorrow for our sins and confess them to a priest.

