

FAITH AT HOME

A Parent Companion



WHAT IS RECONCILIATION?



Lesson Overview:

Today we learned about reconciliation and how it is making up for something we have done wrong, especially restoring a relationship that has been damaged. God has given us a sacrament to reconcile with Him when we have sinned: Reconciliation. We discussed how Reconciliation forgives our sins and heals our souls from the damage of sin. Jesus gave His Apostles the authority to forgive sins and this authority has been handed down in the Church to bishops and their priests today. The priest acts in the person of Christ when he forgives our sins.

Here are the steps of Confession:

- 1. Contrition.** Means to be sorry. We should go to confessions being sorry for the sins we have committed. It's important that you prepare your Examination of Conscience ahead of time.
- 2. Confess.** You confess your sins to the priest.
- 3. Advice.** The priest may give you advice to help you avoid sin in the future and will give you a penance to do after you finish.
- 4. Act of Contrition.** The priest will ask you to say an Act of Contrition and give you a penance to do after you finish.
- 5. Absolution.** The priest will absolve (or forgive) you of your sins.
- 6. Penance.** The priest will give you a penance, usually prayers to say to restore your relationship with God and to make up for what you have done.



et in nomine patris et filii et spiritus sancti Amen.

“Risen Jesus announces to the disciples the coming of the Holy Spirit.”

Codex of Predis (1476). Royal Library, Turin.

Source: Alamy stock photo

SAINTS AMONG US

Reconciliation



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REVIEW WITH YOUR CHILD

1. Who gave the Apostles the authority to forgive sin? **Jesus.**
2. Who can administer the Sacrament of Reconciliation? **A priest or bishop.**
3. What is another name for Reconciliation? **Penance, Confession.**
4. What is the purpose of Reconciliation? **To receive forgiveness for personal sins and to restore our relationship or communion with God.**

FAITH IN ACTION

The Church requires that we go to Confession at least once a year. We also must go to Confession when we have committed a mortal (grave) sin. However, the Church encourages us to go to Confession more regularly and confess even our venial (less serious) sins. It is a good practice to have a regular time to go to Confession as a family, preferably once a month.

AT HOME

1. Review the steps of the Sacrament of Reconciliation with your child.
2. Practice saying the Act of Contrition with your child

Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because I have offended You, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasion of sin.



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