

Penance & Reconciliation OFFERS FORGIVENESS through Christ for sins committed after Baptism via absolution given by a confessor (bishop or priest). This sacrament reconciles the penitent to God and his Church and restores friendship to both.

KEY WORDS AND ACTIONS:

Admission of guilt: Penitent confesses sins to a confessor.

Contrition: Penitent expresses sorrow for sins.

Absolution: Administered by the confessor.

Prayer of Absolution by a Priest: *God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.*

The penitent answers: *Amen.*

Penance: The penitent performs their penance and by God's grace is reconciled with God and the Church.

FIND IT IN THE BIBLE:

*"Peace be with you. As the Father has sent me, so I send you."
And when [Jesus] had said this, he breathed on them and said to them, "Receive the holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained."*

– JOHN 20:21-23 Also: Mt 16:19, Lk 13:3



IN THE CATECHISM:
CCC, 1422-1498, 2042

THE GRACES GIVEN:

- * *Forgives venial sins and mortal sins.*
- * *Restores sanctifying grace lost by mortal sin.*
- * *Remits eternal punishment and temporal punishment due to sin.*
- * *Instills graces to avoid future sins.*
- * *Reconciles the penitent with God and the Church.*
- * *Brings peace and consolation.*

MINISTER OF THE SACRAMENT: Priest

FREQUENT CONFESSION is recommended. This is a Precept of the Church and penitents are encouraged to make an annual confession. [See more at CCC, 2042.]

SIGN:

Absolution =

Forgiveness of sins is granted by a priest to the penitent

