



The Sacraments – Pt. 3

ADULT FAITH FORMATION

Recap: Confirmation

- ▶ Confirmation: The Great Social Sacrament
 - ▶ What we say AND what we do should identify us as followers of Christ
 - ▶ Our faith is not meant to be hidden away
- ▶ The Gifts of the Holy Spirit
 - ▶ Give us the spiritual power and strength we need to live our lives in accordance with God's will
 - ▶ Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, Fear of the Lord

The Sacrament of Reconciliation

- ▶ Sacraments of Healing
- ▶ Precept of the Church
- ▶ Also instituted by Christ
 - ▶ John 20:22-23: “Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

Forgiveness is a part of Christian Love

- ▶ Yes, Jesus gave the power and authority to the clergy to forgive sins
- ▶ No, this does not mean that people who aren't priests can't practice forgiveness
 - ▶ James 5:16
 - ▶ Ephesians 4:32
 - ▶ Matthew 6:19-15
 - ▶ Luke 11:-4
- ▶ Christian love seeks union with others and the well-being of others
 - ▶ We are driven by Christian love towards being with people and towards caring for them

What is Christian Love?

- ▶ Charity: from the Latin *caritas*, which refers to “love for all”
 - ▶ The love we put into action when we are hurt, but choose to forgive the people who've hurt us and to continue trying to love them anyway
- ▶ The 10 Commandments
- ▶ The Sermon on the Mount

Okay, so...what does this have to do with Confession?

- ▶ Sin: the misuse of the powers and gifts we receive from God, resulting in:
 - ▶ Harm towards others
 - ▶ Damaging our relationship with others
 - ▶ Damaging our relationship with God
 - ▶ Two kinds: venial and mortal
- ▶ Sacrament of Reconciliation as a Sacrament of Healing
- ▶ Sin is personal
 - ▶ God is Love, and we were made by Love for love and to love
 - ▶ Sin is a lack of or a failure to love

Reconciliation and the Sacraments of Initiation

- ▶ Baptism happens only once
- ▶ Confirmation happens only once
- ▶ Communion should happen as often as possible
- ▶ Confession should also happen as often as possible
- ▶ The Eucharist and Reconciliation work together to develop and strengthen the graces and spiritual gifts we receive, so that we can strive for a holy life

Recipe for Reconciliation

- ▶ Examination of conscience
- ▶ Sincere sorrow for your sins
- ▶ Actually going to Confession
- ▶ Resolving to amend your life
- ▶ Receiving absolution and doing your penance