

PARISH FAMILY ABLAZE: RECONCILIATION—KEYNOTE (12-16-18)

ACT OF CONTRITION

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

RECONCILIATION: A SACRAMENT OF HEALING

- I. Reconciliation with God—Holy Communion with the Father, Son, and Holy Spirit
 - A. Re-established by sanctifying grace and adoption in Baptism
 - B. Deepened through on-going conversion in a life of holiness and love
 - C. Endangered by venial sin
 - D. Destroyed by mortal sin—“simultaneously present”
 1. “Grave matter”
 2. “Full knowledge”
 3. “Deliberate consent”
 4. Result—“destroys charity in us, deprives us of sanctifying grace, and, if unrepented, leads us to the eternal death of Hell” (CCCC 395).
- II. By grace, sanctifying or actual, interior penance moves us to Reconciliation (300)
 - A. Contrition
 1. “Perfect when it is motivated by a love of God”
 2. “Imperfect if it rests on other motives” (303)
 3. “A firm purpose not to sin again in the future” (300)
 - B. “Trust in the help of God [. . .] nourished by hope in divine mercy” (300)
- III. “Effects of the Sacrament”
 - A. “Reconciliation with God and therefore forgiveness of sins”
 - B. “Reconciliation with the Church”
 - C. “Recovery, if it has been lost, of the state of grace”
 - D. “Remission of the eternal punishment merited by mortal sin”
 - E. “Remission, at least in part, of the temporal punishment which is the consequence of sin”
 - F. “Peace, serenity of conscience and spiritual consolation”
 - G. “An increase of spiritual strength for the struggle of Christian living” (310)
- IV. “The sacramental seal” of a confessor
 - A. “Absolute secrecy about the sins revealed to him in Confession”
 - B. “Without any exception”
 - C. “Under very severe penalties” (309)
- V. “The confession of venial sins is strongly recommended by the Church”
 - A. “To form a correct conscience”
 - B. “To fight against evil tendencies”
 - C. “To be healed by Christ”
 - D. “To progress in the life of the Spirit” (306)

QUESTIONS (T/F)

- ___ 1. Scripture does not clearly indicate when Christ instituted the Sacrament of Reconciliation.
- ___ 2. A person we know to be unbaptized can, on certain occasions, receive the Sacrament of Reconciliation.
- ___ 3. Conversion is a continuing obligation for the whole Church.
- ___ 4. The only way to wipe away venial sins is through the Sacrament of Reconciliation.
- ___ 5. In order to obtain forgiveness in confession, after a careful examination of conscience, all grave and venial sins not yet confessed must be confessed.
- ___ 6. Each of the faithful who has reached the age of discretion (usually 7) is bound to confess his or her mortal sins at least once a year and always before receiving Holy Communion.
- ___ 7. The Penitential Act at the beginning of Mass is a communal celebration of Reconciliation with general confession and general absolution.
- ___ 8. We know that the soul of a person who makes a good Confession immediately before death will go straight to Heaven after death.
- ___ 9. The Sacrament of Reconciliation in the early Church was administered by bishops and priests in exactly the same way as it is now.
- ___ 10. A person approaching death, knowing for certain that he has mortally sinned and has no chance of going to Confession before death, should abandon all hope of salvation.

MISSION

- I. Morning Prayer: "Act of Faith," "Act of Hope," "Spiritual Communion"
- II. Mental Prayer During the Day (20-35 minutes)
 - A. The Rosary
 - B. Journal Meditation
 - 1. 5-10 Minutes of Scriptural or spiritual reading
 - 2. 5-10 Minutes writing to either the Father, Son, or Holy Spirit
 - 3. 5-10 Minutes recording what you believe God is saying to you
- III. Examination of Conscience and Act of Contrition
 - A. This day did I speak to our Heavenly Father, listen to Him, and obey Him as His child?
 - B. Did I unite my heart to the Sacred Heart of Jesus today by making a Spiritual Communion or receiving Him in Holy Communion?
 - C. Did I invite the Holy Spirit to direct my thoughts, strengthen my will, and keep God's grace alive in me?
 - D. Did I embrace Mary today as my Mother in the order of grace by praying with her and behaving like one of her spiritual children?