

PARISH FAMILY ABLAZE: RECONCILIATION—PRAXIS (1-6-19)

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 (*Compendium of the Catechism of the Catholic Church*)

- I. Reconciliation with God—Holy Communion with the Father, Son, and Holy Spirit
 - A. Baptism DOES reconcile us by sanctifying grace to God but DOES NOT abolish the weakness of our human nature or the inclination to sin.
 1. Wounded intellect—ignorance
 2. Wounded will—concupiscence
 3. Wounded emotions—disordered
 4. Wounded body—suffering, illness, and death (297)
 - B. “Christ instituted the Sacrament for the conversion of the baptized who have been separated from Him by sin.” (297)

“Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.” (John 20:22-23)

Absolution: “God, the Father of Mercies, through the death and resurrection of His Son, has sent the Holy Spirit among us for the forgiveness of sin. Through the ministry of the Church, may God give you pardon and peace, and I absolve you of your sins, in the Name of the Father, and of the Son, and of the Holy Spirit. Amen.”

- C. Discipleship: On-going Conversion and Sanctification in Holiness for Charity
 1. Life of Penance—prayer, fasting, almsgiving
 2. Particular Seasons and Days of Penance
 - a. Advent/Lent
 - b. Ash Wednesday/Good Friday/Each Friday
 3. Daily Examination of Conscience
 - a. Particular (Mid-day)
 - b. General (Nightly)
 - c. At Mass during the Penitential Act
 4. Going to the Sacrament of Confession regularly and when necessary
- II. The Acts of the Penitent for Sacramental Confession
 - A. “A careful examination of conscience”
 - B. Integral confession by telling one’s sins to a priest—all grave sins not yet confessed should be stated according to NAME and NUMBER OF TIMES
 - C. Contrition—Imperfect or Perfect, with a FIRM PURPOSE OF AMENDMENT
 - D. Acceptance of Absolution
 - E. Satisfaction—Acts of penance to repair the damage caused by sin (303)

- III. Indulgences for oneself or for a departed soul—"the remission before God of the temporal punishment due to sins whose guilt has already been forgiven" (312)
- A. Partial
 - B. Plenary
 - C. "Indulgences are granted through the ministry of the Church which, as the dispenser of the grace of redemption, distributes the treasury of merits of Christ and the Saints." (312)

QUESTIONS (T/F)

1. The final Sacrament a Christian should receive before death is Confession.
2. Sacramental Confession of venial sins is discouraged by the Church.
3. If a penitent were to receive absolution from a priest who was in a state of mortal sin, the penitent would not receive the graces of absolution.
4. Catholics know that the source of grace in absolution comes for the priest himself.
5. If a penitent intentionally withholds confessing a grave sin during Confession, he will still be absolved from his sins when given absolution.
6. If a penitent, after a careful examination of conscience, unintentionally forgets to confess a sin, he will nonetheless still be absolved of this sin when receiving absolution.
7. If I unintentionally forgot a grave sin in Confession, but it comes to mind later, I should be sure to Confess this sin at my next Confession.
8. If for many years I was ignorant of particular grave sins and had therefore failed to confess them, I should be sure to confess them in a future confession.
9. When a person commits a sin but does not know this particular thought, word, or deed is in fact a sin, we are assured that he will not be held accountable by God for it.
10. Living a holy life is not an obligation for everyone.

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?