

**SACRAMENT OF RECONCILIATION - THE HOW PART**  
**March 12, 2019**

**Irene Haefele**  
**fleatoo@cox.net**

US Catholic Catechism for Adults - Ch 18, p. 233  
Fr. Ray's RCIA presentation on January 15, 2019  
Readings at Mass from Busted Halo

**SACRAMENT OF RECONCILIATION/CONFESSION**

- MT 16: 16-19 (NT 41)...”whatever you bind on earth...”
- John 20: 20-23 (NT 174) “...Whose sins you forgive are forgiven...”
- 2 Cor 5: 18-20 (NT 266) “...be reconciled to God.”

Text p.236 - Only God can forgive our sins. Jesus willed that the Church should be God's instrument of forgiveness on earth.

Sacraments include certain physical signs that we, as sensory beings, need. (see, feel, hear, hear, and taste)

Reconciliation - Feel the hands on your head. Hear the words, “God the Father of mercies...” (text p. 240)

In the Sacrament of Reconciliation, we encounter Christ.

“In persona Christi”

Text p.236 - “In this sacrament, the priest acts in the person of Christ....”

Examples:

- Busted Halo guide <https://bustedhalo.com/wp-content/uploads/2017/09/Guide-to-Confession-Handout-color.pdf>
- Also card: Preparing for The Sacrament of Reconciliation
- Word Among Us p. 22-23.

Grace begins with EXAMINATION OF CONSCIENCE.

Requires contrition, desire to reconcile. Know yourself.

- Consider your relationship with God (upward), with others (outward), and with yourself (inward).
- Don't forget that this is a Sacrament of Healing - What is on your heart, particularly with regard to your relationship with others...or yourself.

## CONFESSION

Face to face, or behind a screen.

PENANCE - Positive action for you to do in response to God's mercy and positive step away from sin. Name sometimes given to this Sacrament. Often it is to do a kind act, read a scripture, say a prayer.

ACT OF CONTRITION - see also text p. 536.

## ABSOLUTION

Priest, in persona christi, offers the words we need to hear.

“God the Father of mercies...” (text p. 240)

CONCLUSION - “Thank you, Father.”

Do your penance.

First confession at the Lenten Retreat March 30th. Those who are catechumen will do theirs in the Easter season. (Pentecost June 9th)

Parish regular schedule is Wednesday from 5:00-6:00 p.m. and Saturday from 4:00-5:00 p.m. in Blessed Sacrament Chapel. Or make an appointment.

More resources:

formed.org Under Preparation for Sacraments

Symbolon: Living the Faith, Session 4, Penance and Anointing Part I.

Why Should I Confess My Sins to a Priest:

<http://www.usccb.org/beliefs-and-teachings/how-we-teach/catechesis/catechetical-sunday/sacramental-forgiveness/parish-resource-bozant.cfm>

Confession: Is it Biblical?

<http://matt1618.freeyellow.com/confess.html>

## CHALLENGE - DAILY PRAYER TIME

Wednesday, March 13: Psalm 51: 3-4, 12-13, 18-19 (OT 638; WAU p. M20) A heart contrite and humbled, O God, you will not spurn.

Thursday, March 14: Matthew 7: 7-12 (NT 25; WAU p. M24 and p. 33) Ask, seek, knock.

Friday, March 15: Matthew 5: 20-26 (NT 21; WAU p. M26 and p. 34) Be reconciled; a path to healing.

Saturday, March 16: Matthew 5: 43-48 (NT 22; WAU M28) Love your enemies.

Sunday, March 17: Psalm 27: 1, 7-8, 8-9, 13-14 (OT 621; WAU M30) The Lord is my light and my salvation; whom should I fear? The Lord is my life's refuge; of whom should I be afraid?  
Do I trust God?

Monday, March 18: Luke 6: 36-38 (NT 111; WAU M33 and p. 37) Forgive and you will be forgiven.

Tuesday, March 19, Feast of St. Joseph: Matthew 1: 16, 18-21, 24a (NT 16; WAU M35 and p. 38) Joseph trusted.