# Jesus Heals Us in the Sacrament of Reconciliation

GRADE 5

## CHAPTER 14 Study Guide

*Keep these ideas in mind as you study* ***Chapter 14****.*

Perfect contrition is feeling sorry for our sin because we love God and want to be close to him.

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On Easter Sunday night, Jesus gave his disciples the gift of the Sacrament of Penance and Reconciliation.

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Praying to the Holy Spirit is part of preparing for confession. God gave us his Holy Spirit to help us follow his way of love. The Spirit can help us see how we have loved or failed to love.

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To prepare for confession, we examine our conscience. Have we loved God, others, and ourselves?

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When we confess, we tell what our sins are, how often we committed them, and why we committed them. When we think about why we have sinned, we can discover ways to avoid sinning in the future.

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During Reconciliation, we pray an Act of Contrition to say we are sorry for our sins. Jesus forgives us through the words and actions of the priest.

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A penance is something that will help us keep our promise to avoid sin. The priest gives us a penance during confession. Often, it is a prayer to pray or a good deed to perform.

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Jesus forgives our sins through the words and actions of the priest. The action occurs when the priest extends his hand over us. The words are, "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." This is absolution.

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As we are absolved, we pray the Sign of the Cross. This is the sign we make to show that we are God's people.

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