

## Prayer of Absolution

*God, the Father of mercies,  
Through the death and resurrection of his Son  
Has reconciled the world to himself  
And poured out the Holy Spirit  
for the forgiveness of sins;  
through the ministry of the Church  
may God grant you pardon and peace,  
and I absolve you from your sins  
In the name of the Father, and of the Son, and of the Holy Spirit.*

To which we can respond with joy—**Amen.**

## 8. Dismissal

The priest then says words of dismissal, such as “Give thanks to the Lord for He is good” to which you respond “**For his mercy endures forever.**” The priest then dismisses the penitent with “The Lord has forgiven your sins. Go in peace.”

You can view two videos by Fr. Jeff about the Sacrament of Reconciliation at <http://www.renewaloffaith.org/reconciliation.html>.

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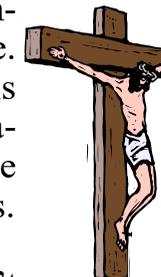
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## The Gift of the Sacrament of Reconciliation

Some people see the Sacrament of Reconciliation only as an obligation. It is most commonly known as “Confession”. An essential part of the Sacrament is the confession of our sins. If we have a contrite heart with a true desire to change, we show this by speaking out loud to the priest, not as a human being, but as God’s intermediary.

This sacrament is not simply an obligation. *It is a gift.*

“Confession” is a sacrament known by several names (see the *Catechism of the Catholic Church* paragraphs 1423-1424). It is called a Sacrament of Conversion because it expresses our desire to change. We call it a Sacrament of Penance because we receive penance and do that penance as a sign of our desire to change. It is called Confession because we confess our sins. It is called the Sacrament of Reconciliation because reconciliation with God is why we come to the Sacrament. It is the gift of God’s forgiveness shown in Jesus’ death on the Cross.



God is the one who has the power to forgive sins. We can’t do it on our own. That’s why God, out of love, sent his Son Jesus to die for us on the Cross. Jesus had the power to forgive sins (see Mark 2:7) and he gives the ability to forgive sins to the Apostles in John 20:19-23. So we provide this guide for you to help you receive the gift of God’s forgiveness. It is a great gift. Cherish it in love.

Before coming to the Sacrament we should examine our conscience to know what sins we need to confess. To do so, we must first realize what sin is. To sin is to break God’s Commandments, not just the Ten Commandments narrowly defined. To sin is to do anything that hurts or breaks our relationship with God. Mortal sin is a clear offense that offends God because we choose our own desires above God in a way

that breaks the relationship. We do the same thing in our relationships with other people. We also do things that can hurt our relationships with people without breaking the relationship. In our relationship with God, we call these sins venial.

When we realize we have hurt or broken our relationship with God through sin, we cannot restore the relationship to what it is meant to be, but God can. We just need to come to him with a contrite heart, meaning that we are truly sorry for our sins and have a true desire to change.



People who do not really understand our sense of sin have coined the term “Catholic guilt.” They sometimes think that we think we are not good and are always sinning. What defines sin? What is it that we need to ask ourselves to examine our conscience?

One way we can examine our conscience is to think about the ‘Seven Deadly Sins’ which can be found in the *Catechism of the Catholic Church* paragraph 1866. Or we can ask ourselves which of the Ten Commandments we have broken (Exodus 20:1-17, Deuteronomy 5:6-21)

We should also understand that there is a real value in freely speaking aloud our sins to a priest. Are there not times we feel we need to get something “off our chest?” This is part of confessing, admitting our imperfections and seeking God’s forgiveness and help that we might change. This is the real gift of this Sacrament.

In the Sacrament we receive a penance. Why? The penance is not punishment but an act to express our sorrow for our sins and help us change (conversion). It may be to do a kind act for someone, read a passage from the Bible that might relate to your sins or to say prayers like the “Our Father” or “Hail Mary” seeking God’s help and Mary’s intercession to help you sin no more. The penance is not to pay a

price for our sins. The price has already been paid by Jesus when he died for us on the cross so that our sins would be forgiven.

We say an **Act of Contrition** in the Sacrament to express our sorrow and our desire to change.

*O my God,  
I am sorry and repent  
with all my heart  
For all the wrong I have done  
and for the good I have failed to do,  
because by sinning  
I have offended you,  
who are all good and worthy to be loved above all things.  
I firmly resolve, with the help of your grace,  
to do penance,  
to sin no more,  
And to avoid the occasions of sin.  
Lord, have Mercy.*



Then the priest will give you absolution, the words of God’s forgiveness. The words the priest uses reminds us that our sins are forgiven by the death of Jesus on the Cross.