

## **SACRAMENTAL THEOLOGY: Class 3**

### **Sacraments of Healing: Penance**

#### **1. "Pray for Me**

#### **2. Ongoing Conversion of the Baptized**

#### **3. Interior Conversion** is accomplished by:

- gestures of reconciliation;
- concern for the poor;
- the defense of justice and right;
- admitting one's faults;
- fraternal correction;
- changing the course of one's life;
- examining one's conscience;
- accepting spiritual direction;
- enduring suffering and persecution for the sake of righteousness.

#### **4. What Is This Sacrament Called?** It is called the sacrament of conversion because it makes Jesus' call to conversion sacramentally present.

- It is called the sacrament of penance because it blesses the repentant sinner's efforts to change through the steps of conversion, penance and satisfaction, and it makes those efforts effective.
- It is called the sacrament of confession because the sinner confesses both his or her own sins and the infinite mercy and forgiveness of God.
- It is called the sacrament of forgiveness, because through this sacrament God forgives even the most serious sins.
- And it is called the sacrament of reconciliation because it fills us with God's reconciling love and restores our relationship with God and with God's people.

#### **5. Sacramental Forgiveness and Reconciliation**

#### **6. Who Can Forgive Sins?**

#### **7. Reconciling With One Another**

## **8. Practice of the Sacrament of Penance**

### **9. Contrition**

### **10. Confession**

### **11. Satisfaction (Penance**

### **12. The Gift of Brokenness**

### **13. Absolution**

### **14. The Effects of the Sacrament of Penance**

**15. The Meaning of Indulgences** A person must then do four things. He or she must

- make a sacramental confession,
- participate in the Eucharist,
- pray for the intentions of the Holy Father (by saying an Our Father and a Hail Mary or by offering a prayer in His or her own words), and
- perform the specific act to which the indulgence, is attached, for example offer prayers in a specific pilgrimage site.