

LEARNING FOCUS 3: The Sacrament of Reconciliation: contrition.

Look at these pictures and think about what is happening.



The Sacrament of Reconciliation is also called Confession, Penance and Sacrament of Forgiveness.

This Sacrament has been given to us to confess or acknowledge our sins, seek forgiveness and be reconciled to God and one another.

It is like a bridge unless you are really and truly sorry - that is, if you have contrition.

It about realizing the consequences of what you have done, the hurt you have caused to others, as well as to yourself.

When you have contrition, you will try very hard not to sin again and there will be peace in your heart.

It helps Christians to live as followers of Jesus, knowing that forgiveness leads to joy and peace.

In this sacrament, those receiving it may be sure of the love and mercy of God.

The most important thing that people preparing to receive the Sacrament of Reconciliation need is to be sorry for their sins.

There is a special word for this - 'contrition'. When you have had a quarrel with someone, you can never make up

God expects us to build bridges with our family and friends before we can take our place in church.

Listen to what Jesus says in Matthew's Gospel in the next slide.



So if you are about to offer your gift to God at the altar and there you remember that another has something against you, leave your gift there in front of the altar, go at once and make peace with that person, and then come back and offer your gift to God.

Based on Matthew 5: 23-24
(Come and See)

Some key questions to discuss with a family member

Look at the picture of the man.

- What is the man in the picture is doing?
- What makes you think he is sorry for something?
- How does this picture make you feel?
- How do you feel when you have done something wrong?
- What is the next thing you might do?

Look at this picture



- What is happening in the second picture?
- How does sin affect others and yourself?
- Why is contrition so important?
- Why did Jesus say that it is no good putting gifts on the altar if you are not at peace with someone?

Task to complete

With a family member, think of ways in which being sorry might be expressed in our daily lives and how you might have contrition.

Explain how people might feel if they did that