

# Learning Focus 5 - Absolution

# Look at this picture

The priest is saying the words of absolution at the end of the Sacrament of Reconciliation.



I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit.

# How do we get absolution?

When we do something wrong and then later feel sorry about it, we want to make up for it in some way. This is a sign that we will try to do better in the future. The priest gives the person a penance to fulfil.

Sometimes it is a prayer to say or sometimes the priest might ask the person to do something extra. Then, after the person prays an Act of Sorrow, the priest raises his hands as a sign of God's love and says the words of forgiveness and absolution.

# What does a priest say?

A priest asks God to forgive and absolve the person from their sins. To be absolved of sin means to be free from sin. Those sins are no longer part of your life.

This is what the priest says:

*I absolve you from your sins in the name of the Father, and of the Son and of the Holy Spirit.*

# What is special about this sacrament?

This sacrament is a special way to experience God's love and peace.

The person usually stays in church or in a quiet place to say their penance, if it is a prayer.

They will thank God for this opportunity to experience his love and forgiveness and promise to try to do better

# Some Key Questions to discuss with a family member

- What does it mean to be absolved?
- Who is forgiving a person their sins?
- Why does the priest raise his hands?
- Why do you think there is a choice for the priest to give a prayer or an action for the penance?

# Task

Either on your own or with a family member, reflect on some of the ways you wish to do better. This could be at home or in school in the future.

Write a prayer about this and include the help/support you seek from the Holy Spirit in order to do better.

You can use the blank prayer template attached to help you.