

PARISH FAMILY ABLAZE (12-7-24): PENANCE

PRAYERS

- I. "Signum Crucis": "In nomine Patris et Filii et Spiritus Sancti. Amen."
- II. "Prayer to the Holy Spirit"
- III. Saint and Virtue:
 - A. Saint Philip Neri
 - B. Cheerfulness

TRUE/FALSE

1. Only God can forgive sins.
2. Man determines how God forgives sins.
3. There is nothing in Scripture to support Christ instituting the Sacrament of Penance; the Catholic practice of Penance comes exclusively from Tradition.
4. A priest can say "I absolve you from your sins" because Christ administers grace through the priest as His instrument.
5. Worthily confessing a mortal sin remits eternal punishment due to sin.
6. An examination of conscience is a sincere effort to call to mind all the sins I have committed since my last worthy Confession.
7. When examining my conscience, I should consider the particular duties of my state in life.
8. When going to Confession, I should have the firm purpose of not sinning again.
9. Any sin on my soul, whether mortal or venial, prohibits me from receiving Holy Communion.
10. What is actually right or wrong is determined individually by what I feel is right or wrong.

PENANCE

- I. Penance = "The Sacrament by which sins committed after Baptism are forgiven through the absolution of the priest" (379)
 - A. Penance as a supernatural moral virtue:
 1. Detestation of sin
 2. Desire to offer satisfaction for the sins
 3. Desire to amend one's life in the future

B. The Sacrament Signifies:

1. Past Passion of Christ (His Precious Blood)
2. Present healing action of Christ through absolution
3. Future spiritual health of the soul

B. Christ entrusts His power to forgive sins to His disciples:

“Peace be with you. As the Father has sent Me, even so I send you.’ And when He had said this, He breathed on them and said to them, ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained’ (John 20: 21-23).

1. God—Source of forgiveness:

“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.”

2. Priest—The instrument for applying the forgiveness as grace through the Church:

“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. Amen.”

3. Confession also affords the Penitent:

- a. The opportunity to receive spiritual advice
- b. Instruction from the Confessor

II. Effects of the Sacrament of Penance when worthily received (382):

1. “Restoration or increase of sanctifying grace”
2. “The forgiveness of sins”
3. “The remission of the eternal punishment, if necessary, and also part, at least, of the temporal punishment, due to our sins”
4. “The help to avoid sin in the future”
5. “The restoration of the merits of our good works if they have been lost by mortal sin”

III. Five Fruits of a Good Confession:

1. Grace
2. Forgiveness
3. Remission of Punishment (eternal, fully; temporal, partially)
4. Future help
5. Restoration of Merits

IV. To Make a Worthy Confession (384):

1. Examine my conscience (make a sincere effort to call to mind all the sins I have committed since my last worthy confession)
 - a. Ask God for help to know my sins
 - b. Frame the examination based on the commandments of God and Mother Church, and the duties of my state in life
 - b. Confess the sins with sincere contrition
2. Have contrition (sorrow) for my sins
3. Make a firm purpose of amendment not to sin again
4. Confess my sins to a priest (For an integral Confession, name at least all unconfessed mortal sins since my last worthy Confession, giving the number of times each mortal sin was committed)
5. Be willing to perform the penance the priest gives

TABLE-TALK QUESTION

What do I find challenging about going to Confession, and what do I find appealing about it? Do I make a daily examination of conscience followed by an Act of Contrition each night?

QUESTIONS FOR FATHER JACK/MISSION/FINAL PRAYER AND BLESSING