

# The Sacrament of Reconciliation

The Sacrament of Reconciliation is one of the sacraments of healing. As Catholics we believe that all of the sacraments were instituted by Jesus Christ himself. In the case of Reconciliation - institution occurred on Easter Sunday, when Christ first appeared to the apostles after his Resurrection. Breathing on them, he said: "Receive the Holy Spirit. For those whose sins you forgive, they are forgiven; for those whose sins you retain, they are retained" (John 20:22-23).

## The Marks of the Sacrament

We also believe that the sacraments are an outward sign of an inward grace. In this case, the outward sign is the absolution, or forgiveness of sins, that the priest grants to the penitent (the person confessing his sins), and the inward grace is the reconciliation of the penitent to God.

## The Purpose of Reconciliation

The purpose of Reconciliation is to reconcile (restore friendship) man to God. When we sin, we deprive ourselves of God's grace. And by doing so, we make it even easier to sin some more. The only way out of this downward cycle is to acknowledge our sins, to repent of them, and to ask God's forgiveness. Then, in the Sacrament of Reconciliation, grace can be restored to our souls, and we can once again resist sin.

Non-Catholics, and even some Catholics, often ask whether they can confess their sins directly to God, and whether God can forgive them without going through a priest. On the most basic level, of course, the answer is yes, and Catholics should make frequent acts of contrition, which are prayers in which we tell God that we are sorry for our sins and ask for His forgiveness.

But the question misses the point of the Sacrament of Reconciliation. The sacrament, by its very nature, confers graces that help us to live a Christian life, which is why the Church requires us to receive it at least once per year. Moreover, it was instituted by Christ as the proper form for the forgiveness of our sins. Therefore, we should not only be willing to receive the sacrament, but should embrace it as a gift from a loving God.

## What Is Required?

Three things are required of a penitent in order to receive the sacrament worthily:

1. He must be contrite—or, in other words, sorry for his sins.
2. He must confess those sins fully, in kind and in number.
3. He must be willing to do penance and make amends for his sins.

While these are the minimum requirements, here are Seven Steps to Making a Better Confession.

## How Often Should You Go to Reconciliation?

While Catholics are only required to go to Reconciliation when they are aware that they have committed a mortal sin, the Church urges the faithful to take advantage of the sacrament often. A good rule of thumb is to go once per month. (The Church strongly recommends that, in preparation for fulfilling our Easter Duty to receive Communion, we go to Reconciliation even if we are aware of venial sin only.)

The Church especially urges the faithful to receive the Sacrament of Reconciliation frequently during Lent, to help them in their spiritual preparation for Easter.