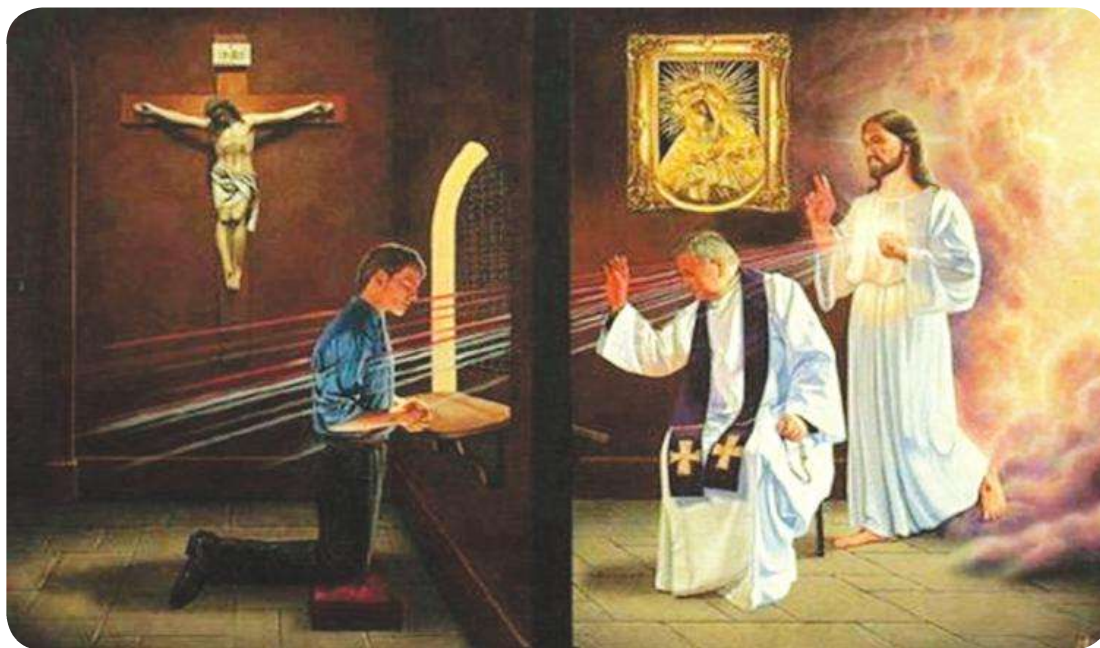


# 13

## Sacrament of Reconciliation



13.1 Picture - Receiving the Sacrament of Reconciliation

Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

(1 Peter 5:8-11)

According to this Sacred Scripture passage, our enemy is the devil. Because of him, there is hardship. He can be overcome, if we live in firm faith. If we are to live in such a faith, we have to shun away from sin. For that, we have to receive the Sacrament of Confession, when we fall into sin. If not, we lose sanctifying grace. i.e. we will lose the right to enter the kingdom of God.

There are two kinds of punishments for our sins:

1. Eternal Punishment
2. Temporal Punishment

The Following passage enumerates the two kinds of punishment, and how a sinner can get rid of those punishments.

To understand this doctrine and practice of the Church, it is necessary to understand that sin has a double consequence. Grave sin deprives us of communion with God and therefore makes us incapable of eternal life, the privation of which is called the "eternal punishment" of sin. On the other hand every sin, even venial, entails an unhealthy attachment to creatures, which must be purified either here on earth or after death in the state called Purgatory. This purification frees one from what is called the "temporal punishment" of sin. These two punishments must not be conceived of as a kind of vengeance inflicted by God from without, but as following from the very nature of sin. A conversion which proceeds from a fervent charity can attain the complete purification of the sinner in such a way that no punishment would remain.

(CCC 1472)

The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance.

(1 Peter 3:9)

One should not be slow to ask pardon from God for the wrongs that he has done. One should be contrite for his sins and get rid of the sinfulness. Only then everyone can enter the Kingdom of Heaven. The above Biblical quotation shows that God has given time to repent for one's sins.

## To get rid of Eternal Punishment

The one who has committed a mortal sin has only one means to get rid of Eternal Punishment, i.e. the Confession (Sacrament of Reconciliation). Thus says the teaching of the Catholic Church on this:

The forgiveness of sin and restoration of communion with God entail the remission of the eternal punishment of sin, but temporal punishment of sin remains. While patiently bearing sufferings and trials of all kinds and, when the day comes, serenely facing death, the Christian must strive to accept this temporal punishment of sin as a grace. He should strive by works of mercy and charity, as well as by prayer and the various practices of penance, to put off completely the "old man" and to put on the "new man."

(CCC 1473)

The Sacrament of Reconciliation makes it possible for one to enter the Kingdom of God. Thereby one can get freed from the eternal punishment.

Even though one gets rid of eternal punishment, he has to pay compensation for his sins. Paying compensation for the sins that one has committed is called "Temporal punishment."

If one commits a mortal sin, he has to make a confession immediately. Thus says the "Catholic Family Catechism" about it.

If we commit a mortal sin, we should immediately make an act of contrition and confess our sins to a priest at the earliest.

(Catholic Family Catechism 248)

Even though we have not committed a mortal sin, it is good to make confession now and then. Thereby we receive absolution for our sins and get the strength to keep away from sins.

## **To get absolution for our sins through the Sacrament of Reconciliation**

1. First, pray asking divine grace to make a good confession. Make an examination of conscience, by pondering on each of the Ten Commandments and the precept of the Church.
2. Have sorrow for going against the divine love and reject the wrongs, done.
3. Make a firm desire not to sin again.
4. Confess all the sins without hiding any.
5. Fulfil the punishments, given by the priest.

## **Rite of Confession**

- ★ Sign of the Cross
- ★ “Bless me father, for I have sinned.”
- ★ Tell the last date of confession
- ★ Tell each of the sins in detail with the number of occasions from the last date of confession
- ★ “This is all I can remember. I am sorry for these and all my sins.”
- ★ Listen to the priest attentively. Welcome the advice and punishments, given by him.
- ★ When the priest says the prayer of absolution, say the “Act of Contrition”
- ★ The sign of the cross
- ★ “God bless you!”

Do not delay in fulfilling the punishments, given by the priest

## Your duty towards others

Having understood the necessity of confession and received it whenever necessary, we have to lead others also to receive the Sacrament. Make others realize the damage, done by the sin and as a result going away from divine love. Let you teach others the rite of confessing, if they have forgotten. Let you guide others to go to confession. You may guide others to live a life of grace, free from Eternal and Temporal punishments.

### Activity



1. Explain separately the Eternal and Temporal Punishments.



### For Life

Let us go to confession occasionally for venial sins though we have not committed mortal sins.  
Let us direct others also to do the same.