

Religion chapter 13, Forgiveness

Parts of the Sacrament of Penance and Reconciliation.

1. **Repentance:** Being sorry for our sins.
2. **Confession:** Telling our sins to the priest.
3. **Penance:** Being told by the priest what we need to do to make up for our sin.
4. **Absolution:** Being completely forgiven of the sin.

Effects of the Sacrament of Penance and Reconciliation:

1. It mends our broken relationship with the Church
 2. It keeps us from being judged for the sin after we die.
 3. It helps us to avoid sin in the future.
 4. It gives us peace.
- **Sin is an offense against God, hurtful to our neighbor, and a weakening of the Body of Christ.**
 - **Sin hurts the entire Catholic community in addition to ourselves and the person we might directly sin against.**
 - **Everyone sins and everyone needs the Sacrament of Penance and Reconciliation.**

- **We are required by the Church to confess our serious sins once a year. It is helpful to go to Reconciliation often. We are given grace, love and strength in this sacrament.**
- **In the Gospels, Jesus forgives people their sins and tells them to go in peace.**
- **Since God forgives us, we are called to forgive others when they hurt us. We say this when we pray the Our Father.**
- **Forgiveness means you will care and pray for someone who hurts you and you will not hold a grudge against that person.**
- **Forgiving someone does not mean it is okay for them to hurt you. When someone hurts us, we should talk about it with someone we trust.**