

5. The Sacrament of Forgiveness

The ultimate effect of this Sacrament is forgiveness of our sins.



1424 "It is called the sacrament of forgiveness, since by the priest's sacramental absolution God grants the penitent "pardon and peace."
Catechism of the Catholic Church

**During his public life,
Jesus both forgave sins and reintegrated sinners into the community.**

1442 Christ has willed that in her prayer and life and action his whole Church should be the sign and instrument of the forgiveness and reconciliation that he acquired for us at the price of his blood. But he entrusted the exercise of the power of absolution to the apostolic ministry which he charged with the "ministry of reconciliation. "The apostle is sent out "on behalf of Christ" with "God making his appeal" through him and pleading: "Be reconciled to God."
Catechism of the Catholic Church

Why does Jesus teach us to forgive?

Linked to Jesus' teaching on love is his teaching on forgiveness. Forgiveness is an important part of Christianity. It does not mean that Christians let others get away with things, but more that they make a conscious effort to forgive and let go of feelings that come with bearing a grudge against a person.

We say this each time we pray the Our Father.

‘Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;’

Why does God want us to forgive others?

To receive forgiveness for our sins, we need to forgive others. Forgiving others allows us to overcome feelings of anger, bitterness, or revenge. Forgiveness can heal spiritual wounds and bring the peace and love that only God can give.

Personal Reflection

Again and again we are asked to forgive and to ask for forgiveness.

Am I able to willingly rise every time to forgive or to ask for forgiveness?