

1. The Sacrament of Penance



The Sacrament of Penance was instituted by Jesus on Easter Sunday night, one of the first things he did after he rose from the dead.
cf. John 20: 19-23

Throughout his life Jesus dealt with many people who sinned and asked for forgiveness.

He is empathetic to weakness. He is compassionate and understanding, never judgemental. Forgiveness is immediate; you only have to ask.

In the Sacrament of Penance, we are freed from our sins, acknowledging that our relationships are broken, and we wish to ask forgiveness and mend what is broken in whatever way that can be done. It also challenges us to have the same kind of compassion and forgiveness for those who sin against us.

We are liberated to be forgivers. We obtain new insight into the words of the Prayer of St. Francis:

"It is in pardoning that we are pardoned."

There are several aspects to this sacrament.

The Catechism of the church tells us that this sacrament is:

1. the Sacrament of conversion.
2. the Sacrament of penance
3. the Sacrament of confession
4. the Sacrament of forgiveness
5. the Sacrament of reconciliation.

You may wish to refer to the Catechism of the Church for further reading on these six headings. [Catechism of the Catholic Church 1423-1425.](#)

Personal Reflection

Acknowledging my own weakness and the part it plays in my broken relationship/s is the first step.

Humbly going before Jesus to ask for forgiveness is another.