

6. The Sacrament of Reconciliation

**The translation of the Greek word for “reconciliation”
literally means to change completely.**

By receiving this Sacrament, we are not only reconciled to God, but we are also reconciled to the other members of the Church.



During his public life Jesus not only forgave sins, but also made plain the effect of this forgiveness: he reintegrated forgiven sinners into the community of the People of God from which sin had alienated or even excluded them. A remarkable sign of this is the fact that Jesus receives sinners at his table, a gesture that expresses in an astonishing way both God's forgiveness and the return to the bosom of the People of God.

Catechism of the Catholic Church 1443

**Reconciliation gives a deep sense of peace in knowing
that I have been forgiven and that I am on the right path again.**

You'll be surprised about how free you feel after taking part in the Sacrament of Reconciliation. So many Catholics describe incredible feelings of **peace, joy, relief,** and **love** that they never expected.

What is God's message of reconciliation?

Let us place the Sacrament of Reconciliation at the centre once more in such a way that it will enable people to touch the grandeur of God's mercy with their own hands. For every penitent, it will be a source of true interior peace.

Misericordiae Vultus, #17

Personal Reflection

**Do I take the Gospel message of reconciliation and
love into the places where I live and work?**

Pope Francis

*Reflecting on my past experience of the sacrament of reconciliation;
did I identify any of these feelings; Inner peace,
joyfulness, relief, was I more loving?
Following on from reconciliation do I take these feelings of inner peace
with me into my daily life?*