

## 2. The Sacrament of Conversion



The Sacrament of Conversion, calls us to change, to convert and become more conformed to the image of Christ.

Conversion is about being born again. The bible uses terms such as “born of God,” becoming “a new creation,” “regenerated,” “born again,” and “born of the Spirit” to describe this reality. This work of the Holy Spirit results in a new set of desires to follow Jesus. The Spirit invites us and gives us the grace to turn our life toward God.

God gives us the strength to begin anew. *Catechism of the Catholic Church 1432*

Grace is love that seeks you out when you have nothing to give in return. Grace is being loved when you are unlovable. The grace of God did not come at a time when we had everything together, all of our ducks lined up in a row. No, grace comes to us when we are broken and can offer nothing in return. “Grace is most needed and best understood in the midst of sin, suffering, and brokenness.” We come to God with nothing in our hands to offer but our brokenness and sin, and He gladly takes it and gives to us new life as His child. The key to understanding the Sacrament of Penance is to understand how glorious it is to embrace a life of ongoing conversion. This is the Christian life!

### Personal Reflection

*Does my broken relationship affect how I live my life?  
Am I able to freely speak of these things to Jesus(the priest)?*