

The Sacrament of Reconciliation - Cheatsheet

Reconciliation in Scripture

'If you forgive anyone's sins they are forgiven; if you do not forgive them they are not forgiven.' (John 20:23 NIV)

Key Facts

1. Also known as 'confession' or 'penance', reconciliation is the process of confessing sins and asking forgiveness from God.
2. Considered a sacrament of conversion, the person responds to Jesus' call to turn back to God the Father and be obedient.
3. Catholics are reconciled with God and also with those they have hurt through their sinful actions.

The Process of Reconciliation

Confession	The person will confess their sins to a priest, who will then offer advice.
The act of contrition	The act of contrition is prayer in which the person apologises for their sins.
Penance	The priest then gives a penance, which is an act to perform or prayer to be said which will help them grow closer again to God and reject sin.
Prayer of absolution	The priest gives the prayer of absolution, which is God's forgiveness.

Key Questions

Who are Catholics reconciled with?	God and those they have hurt through their sinful actions.
The sacrament of Reconciliation is a sacrament of what?	Conversion.
In Reconciliation, who calls on the individual to turn back to God?	Jesus.
By what other names is the sacrament of Reconciliation known as?	Penance or confession.



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