



Reconciliation

The Sacrament of Penance and Reconciliation is the first of two sacraments of healing, and in *The Catechism of the Catholic Church* it is called by words such as the sacrament of conversion, penance, confession, forgiveness and reconciliation. It is the sacrament of spiritual healing of a person who has been distanced from God resulting from sins committed.

The sacrament involves four parts:

- Conversion (the penitent's sincere remorse for wrongdoing or sin, repentance, without which the rite has no effect);
- Confession to a priest who has the faculty to hear confessions (While it may be helpful to confess to another, only a priest has the power to administer the sacrament.);
- Absolution by the priest; and
- Satisfaction or penance.

Penance and Reconciliation

Here is some information about the examination of conscience and making a good confession:

<https://www.loyolapress.com/our-catholic-faith/sacraments/reconciliation>

<http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience.cfm>