

Catholic 101 – Sacrament of Penance/Reconciliation
Presentation Session # 1
St. John the Beloved Disciple Church
December 1, 2020

- I. The Power of “I am Sorry”**
 - a. A story of reconciliation
 - i. Victimhood and woundedness
 - ii. Denial – Living in a survival mode
- II. Hope and Dream of restoration**
 - a. Genesis 2: 8-9, 18-23 (original innocence)
 - i. Experience of heaven on earth in the Garden of Eden
 - b. Genesis 3: 1-13 (loss of original innocence)
 - i. The fall from innocence
 - ii. Experience of shame and guilt
 - iii. Loss of relationships – with self – another person – God – creation
 - iv. Lack of harmony and trust
 - v. Sin in itself is its own punishment
 - c. Restoration of “original innocence” – returning to the Garden
 - i. Need for healing
 - ii. Repairing and restoring the damage and losses caused by sin
 - d. The Garden of Eden is an image of Heaven
- III. Sacraments of Healing**
 - a. Sacrament of Penance/Reconciliation
 - i. Spiritual Healing of woundedness
 - ii. Spiritual Restoration of Broken Relationships
 - 1. Example of Peter and Jesus – John 21: 1-19)
 - 2. Not a return to the “old days”
 - 3. Conversion – beginning of a new life and way of living
 - b. Sacrament of Anointing of the Sick
 - i. Prayer of healing of the sick and suffering
 - ii. Spiritual Consolation and Expression of Community Support
 - iii. Preparation for the passage into eternity
- IV. Naming the Reality of the Sacrament of Penance/Reconciliation**
 - a. Sacrament of Confession
 - b. Sacrament of Penance
 - c. Sacrament of Forgiveness
 - d. Sacrament of Reconciliation
 - e. Sacrament of Conversion
 - f. Sacrament of Restoration
- V. Confessions different from Forgiveness/Reconciliation**
 - a. Hotspots for Confessions – Bars – Beauty Salons – TV Shows
 - b. Forgiveness/Reconciliation – Close encounter with God’s Mercy