

## **LESSON 18 – THE SACRAMENT OF PENANCE**

### **Q1. What must we do when we sin?**

We must make up for our sins, firstly by going for confession, by doing our penance properly, and by our good actions towards other people (friends, siblings, parents, teachers, Priests, etc.)

### **Q2. Why should we go for confession?**

Confession is one of the Sacraments through which abundant grace is received. We need this grace in order that we might not fall into temptation again and to grow spiritually.

### **Q3. How can you prepare for a good Confession?**

- Examination of Conscience - Know your sins.
- Contrition – Be sorry for your sins.
- Decide not to sin again.

### **Q4. Why do we have to go to a priest for Confession?**

Jesus himself has given authority to the apostles to forgive sins. Only the Priest has the right from the Church to absolve us from sins through the Sacrament of confession.

### **Q5. When did Jesus give priests the power to forgive sins?**

In John 20:23 we read, “If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.

### **Q6. What are the steps for a good confession?**

- Do the Sign of the Cross and then say ‘Bless me Father for I have sinned, it has been [days/months/years] since my last confession
- These are my sins: Confess your Sins
- Penance & Counsel
- Act of Contrition – say sorry to Jesus
- Prayer of Absolution
- Sign of the Cross

### **Q7. How do we obey God?**

By following the 10 commandments. We have an inner conscience which is the voice of the Holy Spirit, thus we need to train our conscience well and listen to it too.