

VOCABULARY LIST FOR PENANCE

SACRAMENT - an outward sign instituted by Christ to give grace.

GRACE - the gift God gives us (freely and undeservedly) to respond to His call to know Him, love Him, and serve Him.

THE TEN COMMANDMENTS - the laws that God has given to us to guide us to happiness. The first three commandments call us to love God with our whole heart, our whole mind, our whole soul; the last seven call us to love one another.

SACRIFICE - something that may be difficult to do but is done out of love. The perfect sacrifice was Jesus' death on the cross to save us from sin and reunite us with God. We also speak of the sacrifice of the Mass, the renewal of the sacrifice of Jesus on the Cross at Calvary.

HOLY SPIRIT - the third Person of the Blessed Trinity, the Spirit of God whom Jesus sends to teach us and to help us to love God and each other.

RECONCILIATION - to be reunited and be a friend with someone again.

SIN - an offence against God in what we do or don't do; it is our saying to God that we will do something our way and not God's way. It is saying "no" to God.

TEMPTATION - an attraction to act against the Commandments; a feeling to do something wrong. A temptation is not a sin until it is acted on.

CONFESSION - telling our sins to a priest. An essential part of the Sacrament of Penance.

EXAMINATION OF CONSCIENCE - prayerfully looking at how we have lived; what we have said, what we have done, to see how we may have sinned/failed to love God or our neighbor. An essential part of the Sacrament of Penance.

PENANCE - as part of the Sacrament of Penance, this refers to the prayers or deeds assigned by the priest to help us make up/atone for our sins.

CONTRITION - being sorry for having sinned, hating the sin for how it offended God and separated us from Him, and wanting to not sin again. Also, an essential part of the Sacrament of Penance.

ACT OF CONTRITION - the prayer that tells Jesus we are sorry and do not intend to sin any longer.

PARDON - the act of forgiving.

ABSOLUTION - the words spoken by the priest in the Sacrament of Penance by which God pardons our sins. This power was entrusted by Jesus to His Church; the priest is acting in the person of Christ in the Sacrament of Penance.