

## The Sacraments of Healing

### The Sacrament of Penance

- **Matter:** Contrition; confession of sins.
- **Form:** “I absolve you of your sins in the name of the Father, and of the Son, and of the Holy Spirit.”
- **Minister:** Priest or bishop.
- **Effects:** Reconciliation with God; recovery of sanctifying grace; reconciliation with the Church; remission of eternal punishment; partial remission of temporal punishment; peace and serenity of conscience; spiritual consolation; actual grace to avoid sin in the future.

### The Seal of Confession

A priest can never talk about another’s confession or make use of what he hears in confession in any way. A confession is between the penitent and God so whatever is confessed is absolutely confidential. This is called the seal of confession. See the Catechism of the Catholic Church, paragraph 1467.

### The Rite of Penance

- Greeting: The priest may not greet you and might wait until you begin with the Sign of the Cross – sometimes they do not know you are there. However, the priest will usually greet you when he is ready for you to begin.
- When you confess your sins, you normally begin with “Bless me Father, for I have sinned, it has been (length of time) since my last confession, and these are my sins:”
- Reveal your sins to the priest, being honest, and not withholding any mortal sins.
- The priest may ask you questions to help him understand the nature of your sins. Answer him honestly, as he is only trying to help you.
- The priest may give you advice on how to live a better Christian life.
- The priest will give you a penance to do; you accept it.
- Recite the Act of Contrition.
- The priest will give you absolution.
- The priest will dismiss you.

## **Penance**

- The Sacrament of Penance is the ordinary means of forgiveness of sins committed after Baptism.
- Jesus gave the power to forgive sins to his apostles. This power is passed down to priests through ordination.

## **Understanding Penance**

- The Bible teaches us about the Sacrament of Penance.
- The matter of the Sacrament of Penance is the confession of sins to a priest. The form of the sacrament is the words of absolution.
- The effects of the sacrament include forgiveness of sins, restoration of grace, and strength to overcome sin.

## **Steps to a Good Confession**

- There are five steps to a good confession:
  1. Examination of Conscience
  2. Sorrow for sin
  3. Amendment not to sin again
  4. Confession of sins to a priest in the Sacrament of Confession
  5. Doing the assigned penance

## **Act of Contrition**

O my God, I am heartily sorry for having offended You; and I detest all my sins because I dread the loss of Heaven and the pains of hell; but most of all because they offend you, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your Grace, to confess my sins, to do penance, to avoid the near occasions of sin, and to amend my life. Amen

## The Sacrament of Anointing

### Divine Physician

- Jesus performed many healing miracles.
- Jesus shared his healing powers with his apostles.
- The Sacrament of the Anointing of the Sick involves the anointing with oil and prayers by a priest.  
It is a sacrament that cares for the body and soul.

### The Sacrament

- The Sacrament of the Anointing of the Sick was once called the Last Rites.
- This sacrament prepares the sick to accept and cooperate with the will of God. It may help the person prepare for death or (if it is God's will) for a physical healing.
- The matter is the anointing with the oil of the sick.  
The form is the prayer of the priest.

### The Rite

- The sick may receive the Sacraments of Penance and of the Eucharist.  
If the person is unconscious, he may receive the apostolic pardon which will forgive his sins.

### Indulgences

- We can gain treasures in heaven by obtaining indulgences.
- Indulgences are spiritual riches which shorten or take away the time we must spend in purgatory to be purified from our sins.
- One may gain indulgences through prescribed pious actions and devout prayers.

### Viaticum

CCC 1392 teaches, "What material food produces in our bodily life, Holy Communion wonderfully achieves in our spiritual life... Christian life needs the nourishment of Eucharistic Communion, the bread for our pilgrimage until the moment of death, when it will be given to us as viaticum." At the end of our earthly pilgrimage, the Church offers us three final sacraments.

- 1) Penance, in which our sins are forgiven and our relationship with God is made right.
- 2) The Anointing of the Sick, which also forgives sins, strengthens us, and prepares us to meet God.
- 3) We receive the Holy Eucharist as viaticum, food for the final journey from death to eternal life.