

# Sacrament of Confession

God has given us all free will. By our thoughts, words and actions we can choose to be a good friend to Jesus or not. Jesus said "If you love me you will keep my commandments." When our thoughts, words or actions are contrary to God's commandments, we sin and that friendship is harmed. Sin causes a loss of the Divine Life in our soul.

The sacrament of Confession allows healing and restoration of our friendship with God.



Listen to the catechism talk part 5 and see if you can answer the following questions. Put an X by the right statement. There may be more than one correct answer.

The sacrament of confession	Was introduced by the first Pope	Was authorized by Jesus	There was no forgiveness of sins prior to this sacrament
Is a priest is necessary to give absolution?	No, I can say sorry to God myself and God knows my heart and that's what really matters	Only priests were given the authority to forgive sins by Jesus, so when they give absolution we know we have been forgiven	The priest can advise us as to what is or is not a sin
If I confess my sins but have no intention of not repeating them in the future then	I cannot be forgiven because having a firm intention not to do that sin again is a condition of receiving absolution	God knows we are weak and forgives us anyway	I should include this the next time I go to confession
When we are reflecting to see if we have been a good friend to Jesus	We call this examination of conscience	We need to think of how we have acted/thought in accordance to the Ten commandments	We need to think how we have acted /thought in accordance with our state of life i.e. have I been a good child/sibling/friend

# ANSWERS

The sacrament of confession	Was introduced by the first Pope.	Was authorized by Jesus	There was no forgiveness of sins prior to this sacrament
		X	<i>There were no Sacraments in the Old Testament, but the Jews did make sacrificial offering in atonement for their sins. God can of course forgive but the Sacrament gives us a certainty of that forgiveness</i>
Is a priest necessary to give absolution?	No, I can say sorry to God myself and God knows my heart and that's what really matters	Only priests were given the authority to forgive sins by Jesus, so when they give absolution we know we have been forgiven	The priest can advise us as to what is or is not a sin
	<i>It is a good practice to frequently say sorry to God if we have done something wrong, but only through the absolution by a priest can we be certain we have been forgiven</i>	X	X
If I confess my sins but have no intention of not repeating them in the future then	I cannot be forgiven because having a firm decision not to do that sin again is a condition to receiving absolution	God knows we are weak and forgives us anyway	I should include this the next time I go to confession
	X		X
When we are reflecting to see if we have been a good friend to Jesus	We call this examination of conscience	We need to think of how we have acted/thought in accordance to the Ten commandments	We need to think how we have acted /thought in accordance with our state of life i.e. have I been a good child/sibling/friend
	X	X	X