

## Vocabulary of Confession

Link: <https://bit.ly/3Tqb1x6>

<b>Sin</b>	“Sin is before all else an offence against God, a rupture of communion with him.” (CCC 1440) See <a href="#">CCC 1849</a> for definition of sin
<b>Sacrament</b>	“An efficacious sign of grace” (“efficacious” = effective, working) ( <a href="#">CCC Glossary</a> )
<b>Grace</b>	“The free and undeserved gift that God gives us to respond to our vocation to become his adopted children.” Through grace, God helps us to “conform our lives to his will.” ( <a href="#">CCC Glossary</a> ) A “state of Grace” is to be the “state” (or condition) of receiving God’s sanctifying (making holy) grace; the state of grace is a gift of the Holy Spirit. (See <a href="#">CCC 2000</a> )
<b>Sacraments of Healing</b>	“conversion entails both God’s forgiveness and reconciliation with the Church” through the Sacraments of Penance and Reconciliation
<b>Celebration of the Sacrament of Penance</b>	As a sacrament, “Penance is a liturgical action” ( <a href="#">CCC 1480</a> ) and therefore is conducted with a priest according to the teachings of the Church
<b>Penance</b>	- “Penance” is “sorrow for having done wrong” (from Latin from Latin <i>penitire</i> "to regret") - “Penance” after confession is “satisfaction that we make for our sins... through Jesus Christ” ( <a href="#">CCC 1460</a> quoting Council of Trent) - Raised up from sin, the sinner must still recover his full spiritual health by doing something more to make amends for the sin: he must "make satisfaction for" or "expiate" his sins. This satisfaction is also called "penance." ( <a href="#">CCC 1459</a> )
<b>Interior penance</b>	“conversion of the heart, interior conversion” ( <a href="#">CCC 1430</a> )
<b>Reconciliation</b>	Reconcile = “to come back into agreement with”

<b>Examination of Conscience</b>	A thorough review of one’s thoughts, words, actions, and omissions (“what I have failed to do”) in preparation for the Sacrament of Penance. The examination is “made in the light of the Word of God” including the Ten Commandments, Gospels, esp. Beatitudes, and apostolic letters. ( <a href="#">CCC 1454</a> )
<b>Confession</b>	“disclosure of sin” (CCC 1455) conducted with a priest who stands in the person of Jesus Christ and exercises the power to forgive sins ( <a href="#">CCC 1461</a> )
<b>Contrition</b>	Contrition is "sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again." ( <a href="#">CCC 1451</a> )
<b>Venial v. Mortal Sin</b>	“venial sin = “everyday faults” “mortal sin: “grave” or serious “infraction of the law of God”; mortal ( <a href="#">CCC Glossary</a> )
<b>Venial Sin</b>	“Indeed the regular confession of our venial sins helps us form our conscience, fight against evil tendencies, let ourselves be healed by Christ and progress in the life of the Spirit. By receiving more frequently through this sacrament the gift of the Father’s mercy, we are spurred to be merciful as he is merciful” ( <a href="#">CCC 1458</a> )
<b>Communion</b>	Since “communion” is “one with God,” anyone who receives the Sacrament of Penance is therefore restored into communion with God. However, anyone who has committed a mortal sin and has not received “sacramental absolution,” must not receive Holy Communion ( <a href="#">CCC 1457</a> )