

Conf3 Lesson 6, Wed Oct 25: Sacraments, Confession & the Mass

Link: <https://bit.ly/4abrQSa>

I. Sacraments: the “Seven Mysteries”

- “Sacrament” means “mystery”
- There are two parts to the mystery
 1. The hidden reality of salvation through Christ
 2. The visible sign of that hidden reality

The sacraments make real what is symbolic

So..

- *Is the Holy Spirit present at Baptism and Confirmation?*
- *Does Christ himself absolve you of sin at Confession?*
- *is Christ present in the Mass? “*

II. Confession

“Every time we refrain from sin, we relieve Christ of the pain of that sin”

- Confession is Reconciliation with God is thus the purpose and effect of this sacrament. ([CCC 1468](#))
- Penance requires . . . the sinner to endure all things willingly, be contrite of heart, confess with the lips, and practice complete humility and fruitful satisfaction. ([CCC 1450](#))
- The confession (or disclosure) of sins... facilitates our reconciliation with others. Through such an admission man looks squarely at the sins he is guilty of, takes responsibility for them, and thereby opens himself again to God and to the communion of the Church in order to make a new future possible. ([CCC 1455](#))

The spiritual effects of the sacrament of Penance include:

- reconciliation with God and Church, recovery of grace, and remission from eternal punishment
- peace and serenity of conscience, and spiritual consolation
- an increase of spiritual strength for the Christian battle (adapted from [CCC 1496](#))

Elements of Confession

- Examination of Conscience
 - For children: [Let the Children Come: The Sacrament of Reconciliation and Children | USCCB](#)
 - For young adults: [What Must I Do? The Sacrament of Reconciliation and Young Adults | USCCB](#)
- Confession to a priest, who stands for Christ
 - Including, Confession, Penance, Act of Contrition, Absolution, Praise, and Dismissal
- Act of Contrition:

Oh 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, and to amend my life. Amen.

III. The Catholic Mass

see: [Principal Parts of the Mass](#) (handout)

“In the Church’s liturgy the divine blessing is fully revealed and communicated. The Father is acknowledged and adored as the source and the end of all the blessings of creation and salvation. In his Word who became incarnate, died, and rose for us, he fills us with his blessings. Through his Word, he pours into our hearts the Gift that contains all gifts, the Holy Spirit.” ([CC 1082](#))

Key Points

- “The Word” = Jesus Christ ([Jn 1:1](#))
- The Mass is the “wedding feast with Jesus Christ”
 - or “the marriage supper of the Lamb” ([Rev 19:9](#))
- Eucharist means “Thanksgiving”
- “The Eucharist” refers to both the ceremony and the consecrated bread and wine itself
 - “The Eucharistic Species” = the Host and the Chalice
- The Mass is built around the Eucharist,
 - as Jesus told the Apostles to “do this in memory of me” ([Luke 22:19](#))
 - or “Do this... in remembrance of me” ([1 Cor 11:24](#))
- The Mass is :
 - Divine worship
 - Celebration of the Gospel
 - “participation in Christ’s own prayer addressed to the Father in the Holy Spirit” ([CCC 1073](#))
- The Mass brings us to:
 - The Last Supper
 - Calvary
 - The Living Christ
 - The Father
- “Sunday Obligation”
 - The Sunday Eucharist is the foundation and confirmation of all Christian practice. For this reason the faithful are obliged to participate in the Eucharist on days of obligation, unless excused for a serious reason (for example, illness, the care of infants) or dispensed by their own pastor. Those who deliberately fail in this obligation commit a grave sin. ([CCC 2181](#))

Core Principles

The Mass presents:

- The “mystery of faith”
- The real presence of Christ
- Mass is our glimpse of Heaven
- In Mass we pray to God, with Jesus to God, and to Jesus, empowered by the Holy Spirit

In persona Christi – the Four-fold Presence of Christ

- In the Assembled People of God: Jesus says,
*“For where two or three are gathered together in my name,
there am I in the midst of them.”* ([Mt 18:20](#))

The Person of the Minister (the priest):

- In reading the Gospel, in the Eucharist (speaking the words of Christ at the Last Supper)
- The Eucharistic presence of Christ begins at the moment of the consecration and endures as long as the Eucharistic species subsist. Christ is present whole and entire in each of the species and whole and entire in each of their parts, in such a way that the breaking of the bread does not divide Christ. ([CCC 1377](#))