

# THE SACRAMENT OF PENANCE

## WHAT?

The way we embrace Christ's call to **conversion**.

The step we take to express true **repentance** for our offenses.

The **confession** of our sins.

The reception of **God's pardon and peace**.

The **restoration** of our relationship with God  
and with the Church.

After Jesus declared that Peter would be the rock upon which he would build his Church, he said to Peter, "I will give you the keys to the kingdom of heaven.

Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven."  
(Mt 16:13-20)

## WHY?

We were born with the effects of **original sin**: disobedience toward God and a lack of trust in his goodness (Gen 3:1-11).

God the Father sent his Son, **Jesus Christ**, to save us from our sins (Jn 3:16).

Jesus accomplished his saving mission by establishing the **Kingdom of God** and by suffering, dying on the cross, rising from the dead, and ascending into heaven (Mt 5:17).

Jesus established the **Church** to continue his saving mission by the power of the Holy Spirit through the celebration of the sacraments (Mk 1:15, Jn 19:34, Acts 2: 1-4, 2 Cor 5:18).

Through **faith** in the Gospel and **Baptism**, we are first washed clean of all sin (Acts 2:38).

Through the **Sacrament of Penance**, we continue to experience the forgiveness of our sins (Mt 16:13-20, Jn 20:19-23).

After his resurrection, Jesus appeared to his disciples, extended his peace, breathed the holy Spirit on them, and sent them out saying, "Whose sins you forgive are forgiven them, and whose sins you retain are retained."  
(Jn 20:19-23)