

Part 2 SESSION 4 PENANCE & ANOINTING THE SICK

Summary of Main Points presented in this Episode:

- Jesus, the divine Son of God, came to reconcile us to the Father. He forgave people's sins and gave this power to men to exercise in his name. In John 20:19-23, we are told he breathed on the Apostles and said, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained" (CCC 1485).
- Only God can forgive sin, but he does so through the priest in the Sacrament of Reconciliation (CCC 1441-1442).
- This power has been handed down to the Apostles' successors throughout the centuries to the bishops and priests in the Church today (CCC 1444-1445, 1461).
- The sacrament reconciles us with God, reconciles us with the Church, gives us "peace and serenity of conscience," and gives us greater spiritual strength to help us overcome sin in the future (CCC 1496).
- As we prepare for confession, we should examine our consciences (CCC 1453). One way to do this is by using the Ten Commandments as a starting point.
- The spiritual effects of the Sacrament of Penance include: reconciliation with God by which the penitent recovers grace; reconciliation with the Church; peace and serenity of conscience, and spiritual consolation; and increase of spiritual strength for the Christian battle (CCC 1496).
- The second Sacrament of Healing is the Anointing of the Sick: This sacrament is given by a priest to a baptized person who is seriously sick or in danger of death because of illness or old age.

The sacrament unites the sick person to Christ's suffering, gives strength, courage and peace to endure their suffering in a Christian way, and brings forgiveness of sins if the person is not able to receive the Sacrament of Confession.

The sacrament also can bring restoration of health, if it is conducive to the person's salvation, and it prepares them for passing to eternal life (CCC 1532)