

## **Content of Sacramental Catechesis for Reconciliation**

### *Contrition and Reconciliation:*

Awareness of God's love for us leads to 'metanoia' and impels us to 'contrition.'

### *Confession and Reconciliation:*

Conversion (metanoia) leads us to remember how we have failed against God's love.

### *Penance and Reconciliation:*

Penance ritualizes our sincere desire to transform our lives.

### *Absolution and Reconciliation*

This leads us to be reconciled (reclaimed and embraced) to God, Church and one another.