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.