

THE SACRAMENTS OF HEALING

DISCUSSION QUESTIONS



1. What are the Sacraments of Penance and Reconciliation and Anointing of the Sick called?
2. Why are they given that name?
3. When did Jesus institute the Sacrament of Penance and Reconciliation?
4. When we go to Confession, who actually forgives us?
5. Confession not only forgives our sins, it helps us avoid what in the future?
6. What is the connection between this Sacrament and our consciences?
7. Contrition involves feeling sorrow for sins, and resolving not to commit those sins again. Why is the resolve not to commit those sins again a necessary part of contrition?
8. The Sacrament of Penance and Reconciliation includes an act of the penitent (us) and an act of God. What are those acts?
9. One effect of receiving mercy is that we become more merciful ourselves. Have you ever experienced this effect of Confession? If so, please share a story with your group members. If not, explain why you think this might be
10. Why do you think Confession is sometimes called the Sacrament of Joy?