

**Knights of Columbus  
Council 459  
Spiritual Training  
February - Reconciliation**

**Opening Prayer**

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

**Reconciliation**

1. Last month, in preparation for Lent, we examined what it means to sin.
  - a. We also took a look at the consequences of sin- Purgatory and Hell
2. Now that Lent is upon us it is a good time to speak about Reconciliation since we are encouraged to take advantage of this sacrament during this season.
3. We are all familiar with the argument, “I only need to tell God my sins.”
  - a. I would not be at all surprised if most of us in this room have entertained this thought. I have!
  - b. There are several reasons why the Sacrament of Penance is necessary:
    - i. Jesus gave the power to forgive sins to the Apostles. “If you forgive men’s sins, they are forgiven them” JN 20:23. This is passed down through generations of Priests by Ordination.
    - ii. Our Priest facilitates the Sacrament, but Jesus personally forgives our sins during confession. He forgave sins during his time on Earth, and he continues to do so now.
    - iii. Confession doesn’t just reconcile us with God, but also with the wider community of the Church
    - iv. Our Priest can act as an instrument of God’s mercy by giving us insight and guidance
    - v. Confession is a concrete admission of guilt that we might avoid otherwise. Bringing our sins out into the light with a Priest encourages us to truly face up to them in ways we may not have realized we were avoiding.

4. I won't reiterate the procedure of a confession today. If you forget, you can use the Knights of Columbus *Guide to Confession*- URL is on the handout. But how can we make a *good* confession, and not just a *correct* one?
  - a. Honesty is the best policy
    - i. We are obliged to listen to our conscience and confess any mortal sins we can remember at that moment. You should also confess your venial sins to the extent that you can. BUT...
    - ii. Confession absolves us of ALL sins- even the ones we forget. The beauty of the sacrament is that it is a total reset in the eyes of God
      1. God's forgiveness does not mean that there isn't still action that we need to take to right the wrong we've done (expiation).
  - b. Be genuine in your sorrow. Reflect beforehand on why you are actually sorry for your sin!
  - c. Listen to your Priest!
    - i. A big reason for this Sacrament: after confessing, your Priest will likely give you guidance. This is valuable information. This is a critical and intimate moment in your Faith Journey. Do not neglect it! Engage him in conversation if you can!
  - d. Commit to not making the same mistakes again!
    - i. We will sin again, but we *must* try not to. Spiritual growth is warfare. You will take hits but you must keep momentum toward victory.
  - e. After confession- take advantage of that newfound state of Grace! Few points in life are more exciting than starting again with a clean slate.

### **Closing Prayer - *Confiteor***

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

### **Resources**

- Catechism of the Catholic Church, Part Two, Chapter Two, Article 4. "The Sacrament of Penance and Reconciliation."

- Outlines of the Catholic Faith, Ch. 26
- Knight of Columbus, *A Guide to Confession.*  
<http://www.kofc.org/en/resources/cis/devotionals/2075.pdf>