



The Sacrament of Reconciliation

- A Shower for the Soul -

When you work or play hard, there is a good chance you're going to get sweaty and dirty. Let's say you play soccer on a hot summer day, work in the garden, or mow the lawn. Due to the dust and sweat, you become dirty and often times smelly. At first, you may not be too dirty or smelly.

But if you continue to play or work hard in the hot summer sun day after day, without ever taking a bath or shower, you would get to look and smell worse and worse.

To clean ourselves up and get rid of the smell and dirt, we take a shower. To get really clean and sweet smelling, we have to do more than just stand in the shower, don't we? We need to use clean water and soap, and scrub at the dirt. Sometimes we even need to soak for a while. But, once we have scrubbed ourselves clean and rinsed away the dirt, we step out of the shower looking and feeling fresh and clean. It is a good feeling!

I'm all clean.
I feel better!



As hard work or play can dirty our bodies, so does sin dirty our souls. The way we wash away our sinfulness, or cleanse our souls, is by receiving the Sacrament of Reconciliation. Here we also receive grace, or power, to avoid sin in the future. It is a great gift from God. Just as in the shower we need to use soap and scrub the dirt away, in the Sacrament of Reconciliation, we need to do a few things in order to receive God's mercy and forgiveness and wash away our sins.



Unscramble the words and fill in the blanks below to complete the necessary steps for receiving the Sacrament of Reconciliation, or Penance, worthily. Go to Confession often to grow in holiness and be more like Jesus!

1. _____ our conscience. n e i x a e m
2. Be _____ for our sins. r s y o r
3. Confess our sins to a _____. r e t i s p
4. Promise to _____ whatever leads us to sin. d o v a i
5. Do _____. c p a n e n e



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5. Do p e n a n c e. c p a n e n e