

# The Sacrament of Reconciliation

Keep these ideas in mind as you study **Unit 3, Session 13**.

Our sins are forgiven as the priest extends his hands over us and prays the prayer of absolution.

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A priest keeps absolutely secret the sins confessed to him. This is called the seal of confession.

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After we confess our sins, the priest gives us a penance. This is a prayer we pray or a deed we do to make up for our sins.

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In the Sacrament of Reconciliation, we are relieved of the burden of our sins. We feel joy in the freedom of forgiveness.

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When we sin, we ask God and others for forgiveness.

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Jesus forgave the sins of a man who was paralyzed. He healed the man so he could walk.

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