



Preparing for The Jubilee 'Reconciliation'

*Diocese of Prince Albert
Liturgy Office*



Reconciliation

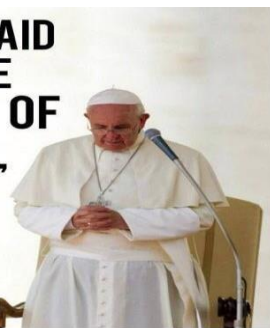
A Jubilee year is a sign of reconciliation because it establishes a “favorable time” (cf. 2 Corinthians 6:2) for conversion. We are called to put God at the center of our lives, growing toward Him and acknowledging His primacy. Even the Biblical call for the restoration of social justice and respect for the earth stems from a theological reality: if God is the creator of the universe, He must be given priority over every reality and partisan interest. It is God who makes this year holy by bestowing on us His own holiness.

As Pope Francis recalled in the 2015 Bull proclaiming the Extraordinary Holy Year, “Mercy is not opposed to justice but rather expresses God’s way of reaching out to the sinner, offering him a new chance to look at himself, convert, and believe. [...] God’s justice is his mercy given to everyone as a grace that flows from the death and resurrection of Jesus Christ. Thus, the Cross of Christ is God’s judgement on all of us and on the whole world, because through it he offers us the certainty of love and new life” (Misericordiae Vultus, 21). (con’t in next column)...

**DON'T BE AFRAID
TO GO TO THE
SACRAMENT OF
CONFESSION,
WHERE YOU
WILL MEET
JESUS WHO
FORGIVES YOU.**

Pope Francis

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In practical terms, reconciliation involves receiving the sacrament of Reconciliation, taking advantage of this time to rediscover the value of confession, and experiencing God's personal words of forgiveness. There are some Jubilee churches that stay open continuously to make available the sacrament of Reconciliation. You can prepare yourself to receive the sacrament by following a guide.



**Information on this page taken from
<https://www.iubilaeum2025.va/en.html>

HOW TO MAKE A GOOD CONFESSION

Confession is not difficult, but it does require some preparation.

We should begin with prayer, placing ourselves in the presence of God, our loving Father. We seek healing and forgiveness through repentance and resolve to sin no more.

Then we review our lives since our last confession, searching our memories for our thoughts, words, and actions that did not conform to God's love, to His law, or to the laws of His Church. This is called an examination of conscience.

To begin an examination of conscience:

*Find a place where you can be still and listen to the prompting of the Holy Spirit in your heart.

*Begin with a prayer asking for God's help.

*Review your life with the help of reflection on the 10 Commandments, the Beatitudes, Jesus's command to "love the Lord, your God, with all your heart, with all your soul, and with all your mind." And to "love your neighbour as yourself" (Matthew 22: 37-39), and the questions we have provided to the right.

*Then, while that examination is fresh in your mind, go to a priest and participate in the Rite of Reconciliation.



WHAT IS RECONCILIATION?

Reconciliation (also known as Confession or Penance) is a Sacrament instituted by Jesus Christ in His love and mercy to offer sinners forgiveness for offenses committed against God. At the same time, sinners reconcile with the Church and the community, which are also wounded by our sins.

Every time we sin, we hurt ourselves, other people, and our relationship with God. In Reconciliation, we acknowledge our sins before God and His Church. We express our sorrow in a meaningful way, receive the forgiveness of Christ and His Church, make reparation for what we have done, and resolve to do better in the future.



The forgiveness of sins involves four parts: contrition, confession, penance, and absolution.

*Contrition: a sincere sorrow for having offended God and the most important act of the penitent. There can be forgiveness of sin if we do not have sorrow and a firm resolve not to repeat our sin.

*Confession? Confronting our sins in a profound way by admitting them aloud to God through the priest.

*Penance: an important part of our healing process, the penance is given by the priest as the means for us to make reparation for our sins.

*Absolution: the priest speaks the words by which "God, the Father of Mercies" reconciles us – sinners – to Himself through the suffering, Death, and Resurrection of His Son-Jesus Christ.