

# The Sacrament of Penance

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1. “When we sin against God’s law we sin against God’s love and against our own final end and happiness. We also harm all others who are organically united with us in Christ’s Body, by weakening that Body.” (pg. 8)

Are there areas of your life dominated by vice and habitual sin? **What aspects of your life or the world do you find yourself blaming others for? How can blaming others for the sins of the world hold you back from embracing your roles as a man of God?**

2. “We are ‘members’ of the Body of Christ, not as individual workers are “members” of a trade union, but as our individual organs are “members” of our bodies. When one part of a body is wounded, the whole body suffers. We cannot sin without harming all, including those we love the most. There are no private sins, no victimless crimes.” (pg. 9) **Do you view some sin as “victimless”? Is this consistent with what the church teaches? How would you counsel someone who thinks their sin is victimless?**

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3. “The confession (or disclosure) of sins, even from a simply human point of view, frees us and facilitates our reconciliation with others. Through such an admission man looks squarely at the sins he is guilty of, takes responsibility for them, and thereby opens himself again to God and to the communion of the Church...” (CCC 1455) (pg. 11) **Where have you seen the grace of God work in your life to overcome sin? Do you take advantage of the Sacrament of Reconciliation in order to be restored to the life of grace after you sin?**
  
4. **What’s the difference between perfect and imperfect contrition? Can having perfect contrition allow you to skip going to confession? Can it allow you to receive communion even if you’re in a state of moral sin (pg. 18)?**
  
5. **When we go to confession and receive forgiveness, who is forgiving us – is it the priest (pg. 15)?**