

A Helpful Vocabulary for Parents

Absolution: the act that the priest, by the power that Jesus gave to the Church and through the Holy Spirit, pardons sin "in the name of the Father and of the Son and of the Holy Spirit"

Act of Penance: the prayer that we offer in sorrow for sins and a firm resolution not to sin again

Contrition: true sorrow for sin and a firm intention not to sin again

Examination of conscience: a careful and prayerful review of things we have said and done, and failed to say and do, that are not according to the gospel and the teachings of Jesus (praying with the Ten Commandments is a good examination of conscience.)

Grace: God's gift to us, through Jesus Christ and the Holy Spirit, necessary for salvation, by which we share in the life of God.

Penance: a conversion of heart by which we turn away from sin and toward God, expressed in acts of prayer, fasting, and almsgiving

Penitent: We are a penitent when we have sinned, experience conversion and contrition for our sins, and seek God's forgiveness by which we will be reconciled with God and the Church

Reconciliation: God's action that reunites us with himself and the Church as a result of our experience of conversion and in celebrating the sacrament of Penance and Reconciliation

Rite: a sacred ritual of actions and words that celebrates and renews the grace of God.