

# SACRAMENT OF RECONCILIATION: GIFT OF LOVE AND MERCY

Tom Quinlan ([tquinlan@dioceseofjoliet.org](mailto:tquinlan@dioceseofjoliet.org))

*Earth's crammed with Heaven  
And every common bush afire with God  
But only those who see  
Take off their shoes  
The rest sit 'round it and pluck blackberries*

Elizabeth Barrett Browning

*"The purpose of sacraments is to sanctify people, to build up the body of Christ, and finally, to give worship to God."*

Constitution on the Sacred Liturgy, #59

*"Our understanding of sacraments today begins not with church rituals, but with the experience of God's presence and care in our daily life...Sacraments don't happen in church as much as they happen in people who come together as Church to celebrate what has already been happening in them. Sacraments are **lived** long before they are celebrated."*

Sandra DiGidio

*"Forgive us our sins, as we forgive all who do us wrong..."*

Luke 11: 4

*"Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life."*

Romans 6:3-4

*"Put on Christ: he awaits you in the sacrament of Penance, to heal by his mercy the wounds caused by sin. Do not be afraid to ask God's forgiveness! He never tires of forgiving us, like a father who loves us. God is pure mercy!"*

Pope Francis

*“My God, I am sorry for my sins with all my heart.  
In choosing to do wrong and failing to do good,  
I have sinned against you whom I should love above all things.  
I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to  
sin.  
Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.”*

#### Prayer of Contrition

*“God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins. Through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.”*

#### Rite of Penance

*“A tree gives glory to God by being a tree. For in being what God means it to be it is obeying Him. It ‘consents’, so to speak, to His creative love. It is expressing an idea which is in God and which is not distinct from the essence of God, and therefore, a tree imitates God by being a tree.*

*The more a tree is like itself, the more it is like Him. If it tried to be like something else, which it was never intended to be, it would be less like God, and therefore, it would give Him less glory.*

*For me to be a saint means to be myself. Therefore, the problem of sanctity and salvation is, in fact, the problem of finding out who I am and of discovering my true self. Trees and animals have no problem. God makes them what they are without consulting them, and they are perfectly satisfied.*

*With us it is different. God leaves us free to be whatever we like. We can be ourselves or not, as we please.”*

Thomas Merton

*“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented and fabulous?’*

*Actually, who are you **not** to be?*

***You** are a child of God.*

*Your playing small does not serve the world. There’s nothing enlightened about shrinking so that people won’t feel insecure around you. We were born to make manifest the glory of God that is within us...in everyone.*

*And as we let our own light shine, we unconsciously give other people permission to do the same.”*

Nelson Mandela