

Sacraments of Healing

Lesson 21 Summary

Lesson Learning Objectives

- The participants will learn about the Sacraments of Healing.
- The participants will be able to make connections between the Sacrament of Penance and Reconciliation, Jesus' work of healing, and daily life.

Content Summary

1. Jesus and the Church are concerned about healing spiritual, mental, and physical illness. This is why we have two Sacraments of Healing: Penance and Reconciliation and Anointing of the Sick.
2. The Sacrament of Penance and Reconciliation is primarily concerned with spiritual healing.
3. The different effects of Penance and Reconciliation can be explained by the many different names used for this Sacrament: conversion, confession, forgiveness, penance, and reconciliation.
4. Penance and Reconciliation starts with our personal acceptance that we have sinned and done wrong in the sight of God. We should also have a firm conviction to avoid sin.
5. When we receive the Sacrament of Penance and Reconciliation, three main actions on our part are necessary: (1) repentance, expressing our sorrow to God; (2) the confession of our sins; and (3) reparation, our intention to do what we can to correct the damage our sins have caused.
6. When we choose to do wrong instead of doing good, we commit sin, and we hurt our relationship with our self, with others, and with God.
7. Sin is any word that we speak, action that we perform, or desire that we nurture that is contrary to the law that God has inscribed in our hearts.
8. The two types of sin are mortal sin (a serious offense against God) and venial sin (closely associated with vices).
9. The Sacrament of Anointing of the Sick is concerned with physical, mental, and spiritual healing.
10. Anointing of the Sick has a number of effects: it unites our suffering to the Passion, or suffering, of Christ; it leads to the forgiveness of a person's sins if the person is unable to receive the Sacrament of Penance and Reconciliation; it strengthens us and gives us peace to endure the inevitable suffering that comes with sickness and old age; it helps us to regain mental and physical health, if this is God's will for us, and will lead to the health of the soul; and it helps to prepare a person for her or his death.
11. The Sacrament of Anointing of the Sick should be received when a person is in danger of death or when a person is seriously ill (including preparation for a serious medical procedure).

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