

The Sacraments of Healing

Chapter 35 Summary

Chapter Learning Objectives

- The participants will identify people who are in need of, and are offering to others, healing and forgiveness.
- The participants will explore the Sacraments of Penance and Reconciliation and Anointing of the Sick.
- The participants will reflect on the need for healing and forgiveness in their lives.

Content Summary

1. The Sacraments of Healing are the Sacrament of Penance and Reconciliation and the Sacrament of Anointing of the Sick.
2. The Sacrament of Penance and Reconciliation is also called conversion, confession, Penance, or Reconciliation. It is intended for the forgiveness of sins, especially serious or mortal sins, committed after Baptism.
3. In the Sacrament of Penance and Reconciliation, God forgives our sins and restores our relationship with him, ourselves, and others.
4. *Contrition* is another word for *repentance* or *sorrow*. Perfect contrition is repentance that arises from love of God rather than fear of punishment.
5. The Sacrament of Penance and Reconciliation includes four basic actions. Three are the actions of the penitent (the one who is confessing): being sorry, confessing sin, and working to repair the damage. The fourth action is the action of the priest: absolution.
6. *Absolution* means “freeing from guilt.” As the priest prays the prayer of absolution, he extends a hand over or on our heads in a gesture of forgiveness.
7. As the Sacrament of Penance and Reconciliation offers us spiritual healing, the Sacrament of Anointing of the Sick offers us physical healing, or the strength to bear physical illness.
8. When the Church prays for people who are sick and celebrates the Sacrament of Anointing of the Sick with them, we pray that God will heal or strengthen those who are sick and restore them to the community.
9. The Sacrament of Anointing of the Sick is for Catholics who are seriously ill or in danger of death because of either sickness or old age. This Sacrament can be administered each time a Christian falls ill, and it can be repeated if the person’s condition gets worse.
10. The celebration of the Sacrament of Anointing of the Sick includes a litany of prayer for the person who is sick, the laying on of hands, and the anointing with the Oil of the Sick. A special prayer is then said over the person who is sick.

(All summary points are taken from *The Catholic Connections Handbook for Middle Schoolers, Second Edition*. Copyright © 2014 by Saint Mary’s Press. All rights reserved.)

