

**RELATED SCRIPTURE PASSAGES:**

**Guilt:**

Romans 2:1-13; Psalm 32:3-5;  
Psalm 38:1-8; Psalm 51:1-6

**Forgiveness:**

Luke 7:36-48; Psalm 130;  
Daniel 9:9; Acts 10:43;  
Psalm 32:1-5

**Biblical Foundation  
for Confession:**

John 20:23; James 5:14-16

**RELATED CATECHISM OF THE  
CATHOLIC CHURCH REFERENCES:**

**Conscience and  
Admittance of Guilt:**  
1776-1781, 1792, 1794

**Sin and Forgiveness:**  
1846-1851, 2838-43

**Names of the Sacrament:**  
1423-1424

**Who Forgives Sin:**  
1441-1442

**The Burden of Sin:**  
1432

**RELATED YOUCAT REFERENCES:**

The section of YOUCAT about the Sacrament of Reconciliation is really wonderful. The questions it answers are good ones. We recommend you read the entire section (224-239) and prayerfully discern how you should use the information with your teens.

# CONTRITION CONFESSION SATISFACTION

## SYNOPSIS

Whether this is a refresher or an introduction, this film creatively walks through the Sacrament of Reconciliation in a way that will stick with you.

## SUGGESTED USES FOR THIS VIDEO

✠ Use this film prior to the Sacrament of Reconciliation, in a class about the Sacraments of the Church, or as part of an event/program about sin and forgiveness.

## QUESTIONS FOR DISCUSSION

1. What does it mean to ask for forgiveness?
2. Is asking for forgiveness important? Why or why not?
3. Is it hard for you to say the words "I was wrong."?
4. Is it hard for you to say the words "I'm sorry."?
5. Is it hard for you to say the words "Please forgive me."?
6. How are these different?
7. Why is it important to say them all?
8. Why would some be harder to say than others?
9. Have you ever experienced a situation where you didn't want to ask for forgiveness, but once you did you felt relieved? Share.
10. Is it easy or difficult for you to forgive someone?
11. How might your answer to #10 influence your feelings about God's willingness to forgive you?
12. How do you feel about going to the Sacrament of Reconciliation?

13. Take a minute to think about some sin habits you have – things you continue to do that you shouldn't, but can't seem to gain traction on. How might the Sacrament of Reconciliation help you with that?
14. Were you aware that Reconciliation empowers you with God's grace to live a changed life? (Satisfaction)
15. What do you think would happen if you made the commitment to go to Reconciliation more often? If you go once a year, how about twice? Better yet, how about once during Advent, once during Lent and once over the summer during Ordinary time?
16. Do you remember the three parts of the Sacrament? (contrition, confession, satisfaction) What is the hardest part about each? What is the best part about each?

