

The Pray More Lenten Retreat Study Guide

The Grace Trifecta, Part III: The Sacraments

By Allison Gingras

Reflective Questions

“All the sacraments have a deifying purpose: Baptism introduces the Divine Life into us. Confession restores it when it’s lost through sin. Confirmation strengthens it. Matrimony and Holy Orders give it vocational direction.

Anointing of the Sick prepares us for the transition to our heavenly homeland. And the Eucharist is meant to Christify us.”

- Bishop Robert Barron

“Holiness does not consist in never having erred or sinned. Holiness increases the capacity for conversion, for repentance, for willingness to start again and, especially, for reconciliation and forgiveness.”

- Pope Benedict XVI

- Reconciliation brings us healing and peace. It makes us right again with God. How have you experienced this in the past?
- When was the last time you went to confession? What keeps you from going more often?
- Speaking to the priest in the confessional about our sins is us essentially speaking to Jesus about our sins. Jesus is in the confessional with us. He hears us, and of course He already knows what we’re bringing to Him. How do you acknowledge Jesus’ presence when you prepare to confess, and when you are in the confessional?
- The Sacrament of Penance has a few different names that Allison mentions. Which name resonates the most with you and your experience with confession?
- The only sin that cannot be forgiven is us not accepting God’s forgiveness. How can you be sure that you do not fall into temptation of that sin?

- Reconciliation is God's gift to us, and Allison mentions that we need to receive, open and use gifts for them to not be useless... How do you receive, open and use God's gift of reconciliation in your life?
- When you receive God's forgiveness, and graces, you are also receiving healing. How have you seen how God has healed you -- or some aspects of your life through this sacrament?
- Here is a list of Examinations of Conscience:
<http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience.cfm> We suggest looking through these and meditating on them this Lent.