

**Spirit** *OF*  
**Christ**  
CATHOLIC COMMUNITY



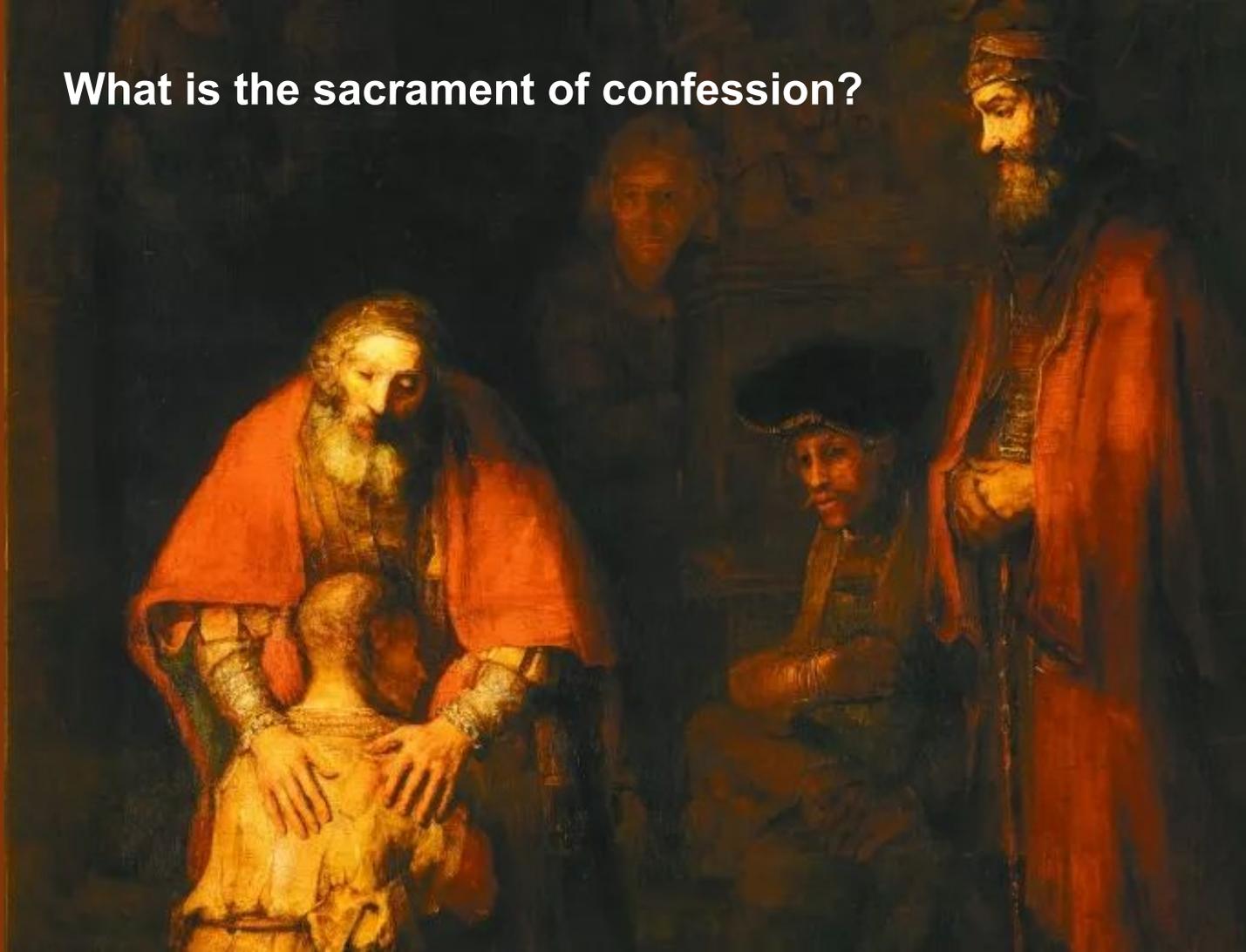
February 19, 2026



# Announcements

- 1) Catechumens
  - a) Rite of Election-Saturday- Ride the Bus!
  - b) No Breaking Open the Word this Sunday
- 2) No class next week- March 5th is class for All
- 3) Lenten Black Books
- 4) Women's Bible Study

**What is the sacrament of confession?**



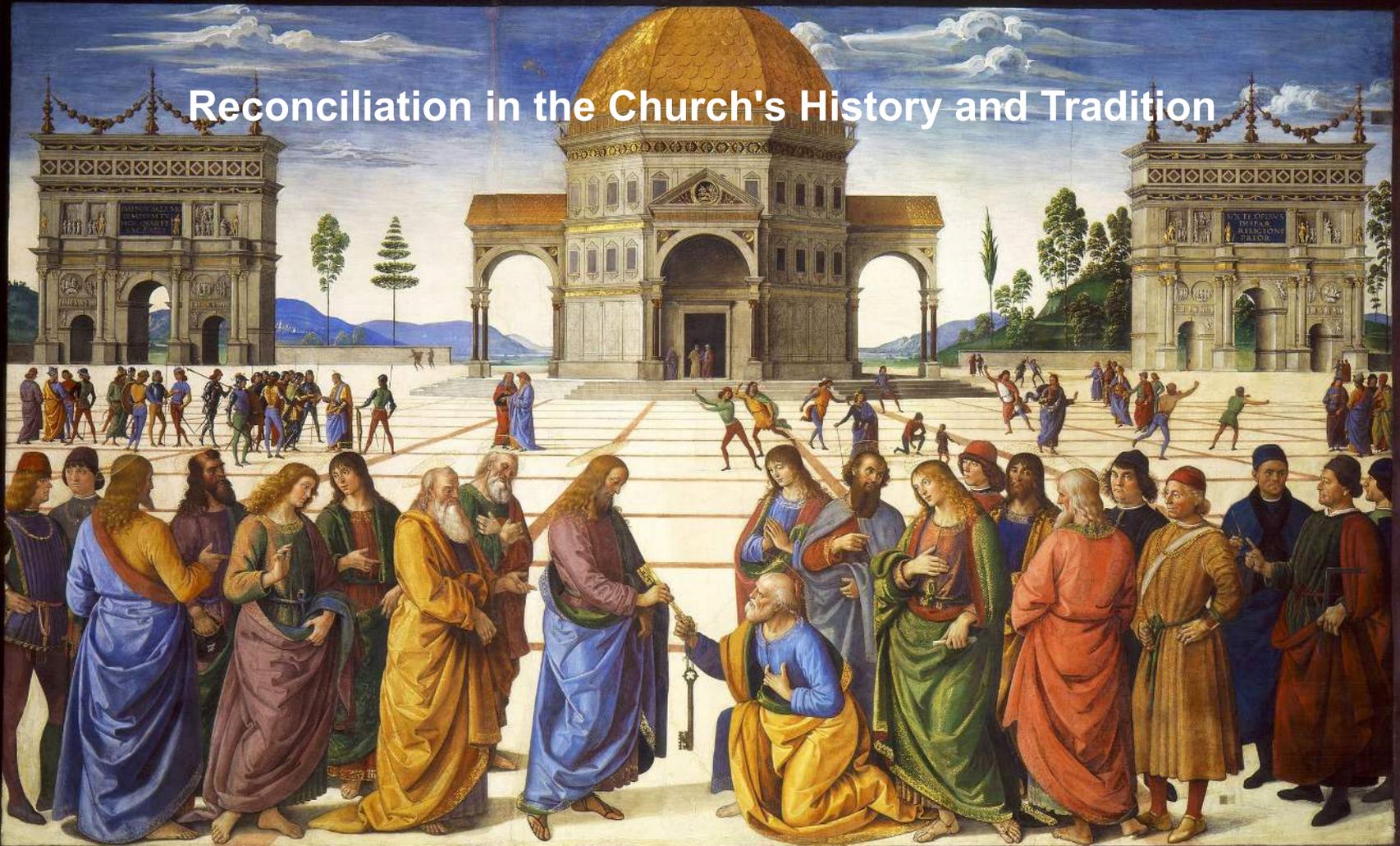
# Three Elements of Reconciliation



A dramatic, low-key photograph featuring a silhouette of a person bowing their head in a gesture of prayer or submission. A second person's hand is placed on the first person's forehead. The scene is backlit by a bright, circular light source, creating a strong rim light and a soft, hazy glow. The overall mood is solemn and contemplative.

**Why do I need to confess my sins?**

# Reconciliation in the Church's History and Tradition



**The Discipline  
of the Sacrament**





## Discussion Questions

1. How is confession different from simply praying privately for forgiveness?
2. Which dimension of reconciliation (God, Church, or Self) feels easiest or hardest to understand?
3. How might confession help someone grow rather than just “erase mistakes”?
4. What does this sacrament reveal about God’s consistency across time?
5. After hearing this teaching, what feels clearer, different, or still puzzling about confession?

# Spiritual Warfare



*In time of desolation  
never make a change,  
but be firm and  
constant in the ...  
determination in which  
one was in the  
preceding consolation.*