

What Is Reconciliation?

Well, first, Reconciliation is a Sacrament. So it's one of the ways God blesses us with the grace to become the-best-version-of-ourselves, grow in virtue, and live holy lives.

In particular, Reconciliation is an opportunity to talk to God about the times we have messed up, made poor choices, not been the-best-version-of-ourselves, or turned our backs on God and his wonderful plans for us.

Reconciliation is an opportunity for us to say sorry to him and ask for forgiveness.

It is also an opportunity for the priest to share some ideas about how we can do better in the future. It's like when your coach gives you some tips at halftime about how you can do better. Our priest is one of our spiritual coaches. Great champions listen to their coaches.

We all mess up, and those things can weigh us down. If we don't go to Reconciliation our hearts can become heavy. Through the Sacrament of Reconciliation God forgives our sins and takes the weight of those things off our hearts, so we can live with joy—and share his joy with others.

