

# Penance and Anointing of the Sick

Keep these ideas in mind as you study *Chapter 12*.

✦ Nearly one-fifth of the Gospels deals with healing. Christ's healing ministry continues today in a number of ways, especially in the Sacraments of Penance and Reconciliation and the Anointing of the Sick.

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✦ Jesus taught us that God wants very much to forgive us of our sin. The parables of the lost sheep, the lost coin, and the lost son illustrate this.

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✦ In the Sacrament of Penance and Reconciliation, God forgives sins committed after Baptism and reconciles a sinner with the community.

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✦ Contrition is the feeling of true sorrow for having sinned by failing to love. Contrition is necessary for God's forgiveness.

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✦ Conversion is turning away from sin and turning toward God. It is at the heart of the Sacrament of Penance and Reconciliation.

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✦ Penance is an act that shows conversion of heart, often through prayer, self-denial, or a work of charity.

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✦ Absolution is the act of receiving forgiveness for your sins. You receive absolution from God through the Church and its priest.

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✦ The older brother in the parable of the lost son sinned by not forgiving his brother. The older brother too needed reconciliation. Jesus challenges us to forgive as he forgives—freely, completely, and lovingly.

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✦ Those who are sick and elderly can unite their sufferings with Christ and offer those sufferings for the Church.

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✦ The Sacrament of the Anointing of the Sick strengthens and sometimes heals the body. It is meant for anyone who is seriously ill or dying and may be celebrated anywhere. In the Anointing of the Sick, the sick person is splashed with water as a reminder of Baptism and anointed with the oil of the sick, a sign of the Holy Spirit. The penitential rite is part of the sacrament, during which sins are forgiven.

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✦ Viaticum is Holy Communion given to someone who is dying. The word means "with you on the way."

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