Sacrament of Reconciliation

“Come to me all who labor and are heavy burdened, for I shall give you rest.”  - Mt. 11:28

Spirit of Prayer
An Invitation

In his love and mercy, Jesus Christ offered forgiveness to all for those thoughts and behaviors which interrupt or harm one’s relationship with God. The Sacrament of Reconciliation is the Church’s way of helping one to mend the breach, and at the same time offers reconciliation with the community.

The person seeking reconciliation enters into the experience in three ways:

• Contrition
• Confession
• Satisfaction

Entering Into the Sacrament of Reconciliation

Confession is not difficult. Yet, if we want to experience the sacrament in the most profound way, we must prepare by placing ourselves in the presence of God and praying for the wisdom, insight and humility to reflect honestly on our life.

Catholics seek healing and forgiveness through repentance and a resolve to change those parts of their lives that do not foster a relationship with God and God’s people. This reflection should involve searching one’s thoughts, words and actions—an examination of conscience.

We are here to walk alongside you on your spiritual journey.

For More Information
or to speak with a Spiritan Campus Minister or priest,
call x6020 or visit duq.edu/campus-ministry