

## Catholic Trivia 12-5-25 Answers:

1. The Sacrament of Reconciliation is also called the Sacrament of Penance or sometimes people just say, “going to confession.”
2. Catholics are required to receive the Sacrament at least once per year. However, if you are aware of having committed any mortal (serious) sin, you should receive the Sacrament. That being said, all are encouraged to take advantage of the Sacrament on a regular and frequent basis.
3. Catholics need to go to confession before receiving Holy Communion if they are aware that they have committed a mortal sin. (See previous answer.)
4. For a sin to be mortal, three conditions must exist at the same time.
  - It must be of a grave matter;
  - It must be committed with full knowledge that it is a mortal sin;
  - It must be committed with full consent. [Full consent means to do it "voluntarily."] (See Catechism of the Catholic Church #1857)
5. This lesser type of sin, while still wrong, is called venial. If you only have venial sins, it is not necessary to go to confessions before receiving Holy Communion.