**Effects of the   
Sacrament of Reconciliation**

1. **FORGIVES our SINS**
2. **FILLS us with GOD’S GRACE**
3. **RECONCILES us with GOD and the CHURCH**
4. **GIVES us PENANCE to make us for our sins**
5. **GIVES us PEACE and SPIRITUAL CONSOLATION**
6. **PREPARES us for our FINAL JUDGEMENT before God**