

# Eucharist Parent/Adult Catechesis 3:2

## Conversion

Read the following selection from the *Catechism of the Catholic Church*.

Conversion is accomplished in daily life by gestures of reconciliation, concern for the poor, the exercise and defense of justice and right, by the admission of faults to one's brethren, fraternal correction, and revision of life, examination of conscience, spiritual direction, acceptance of suffering, endurance of persecution for the sake of righteousness. Taking up one's cross each day and following Jesus is the surest way of penance. (CCC, 1435)

Reflect on the following points, drawn from the reading:

- The Catechism makes the connection between conversion and reconciliation. We are able to experience conversion only when we have taken ownership of our failings and when we have realized how those failings have kept us from living in a completely generous, loving manner.

- Among the ways we can engage in conversion in our daily lives are concern for the poor and the defense of justice and right. Personal conversion cannot take place apart from concern for the well-being of one's brothers and sisters. In this regard, Reconciliation and Eucharist are both deeply communal experiences.

The Catechism names "acceptance of suffering" and "endurance of persecution" as other means of achieving conversion. Thankfully, normal life does not find us dealing with these things all the time. Still, it is good now and then to reflect on how gracefully we deal with the inconveniences.

### For reflection or discussion:

In the normal course of a day, when do you find opportunities for:

- "confessing" your sins?
- receiving or accepting forgiveness?
- engaging in conversion?