



## A conversion of the heart.

Focusing on the pillar of formation we first study the sacraments we receive in the church. The Trinity is revealed through these sacraments: “I baptize you in the name of the Father, the Son and the Holy Spirit”; “I absolve you of your sins”, “The body of Christ”; “Be sealed with the gift of the Holy Spirit”; these are the words we hear when we receive Baptism, Reconciliation, Eucharist, and Confirmation namely the initial sacraments of formation. The Trinity is revealed through these sacraments. Through Baptism we become a child of God. Through Reconciliation we receive the love and forgiveness of the Lord on a very personal level. When we receive Communion, we receive the true body and blood of Christ and when we are

confirmed we receive the Holy Spirit. With each of these sacraments we receive special graces.

Although we receive Baptism and Confirmation only once, we are called to reaffirm these sacraments. Each time we bless ourselves with holy water we are called to remember our baptism as a child of God. Receiving Reconciliation and Communion keeps us close to Christ by receiving his presence. In Confirmation the Holy Spirit strengthens us through the gifts of wisdom, counsel, understanding, fortitude, knowledge, piety, and fear of the Lord. With the graces and foundation of faith we received from these sacraments, we can make a conversion of heart, and a change in ourselves towards holiness.

### Reflections:

- Am I receiving the sacraments as often as I should?
- How do they strengthen my faith?
- What can you do to help strengthen the faith of others?
- Do I share my experience of God with others?

### Formation in Action:

- Seek the sacrament of Reconciliation during the Lenten season.
- Do something each day strengthen your faith.
- Write a note of encouragement to someone receiving Confirmation this Easter Season.
- Lord, open my heart to do the fasting you wish for this Lent.
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