Religion denotes properly a relation to God.

(Thomas Aquinas)

"Church life centred on the sacred practices (sacramentalism). The Church faithful looked to the rites of the Church which they believed were able to infuse divine grace into the participants."

(Grenz)

Prayer is a word by which man communicates with his Creator in Faith, thanking and beseeching Him for the forgiveness of his sin (The Law of Kings 14:528)

"Prayer is a great weapon, a rich treasure, a wealth that is never exhausted, an undisturbed refuge, a cause of tranquillity, the root of a multitude of blessings, and their source."

(St. John Chrysostom)

Confession (Repentance or Penance) is described as the "acknowledgment of one's guilt for all the evil that he has committed"

(Tyneh)

Holy Tradition is given over and passed on within the Holy Church from the time of our Lord Jesus Christ's disciples right down to the present time.

The Holy Eucharist is the heart of the entire Christian life, with the Christian's initiation into the Church completed by the reception of the Holy Eucharist.

Forgiveness is a practice and a conception in which religious and moral perspectives, responsibilities and sensibilities are closely related.

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