

Sacrament of Penance/Reconciliation - A sacrament of healing for the soul

Opening Prayer

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you my brothers and sisters, to pray for me to the Lord our God.

Showers clean our body and the sacrament of confession cleans our soul.

The church precept is to confess at least once a year and the ideal seasons are Advent and Lent. However, it is recommended to confess more often such as quarterly or once a month. We cannot receive the Holy Sacrament of the Eucharist if we are in mortal sin.

Psalm 103:11-13

"For as the heavens tower over the earth, so his mercy towers over those who fear him. As far as the east is from the west, so far he removed our sins from us. As a father has compassion on his children, so the Lord has compassion on those who fear him."

"I desire that priests proclaim this great mercy of Mine towards souls of sinners. Let the sinner not be afraid to approach Me. The flames of mercy are burning Me - clamoring to be spent; I want to pour them out upon these souls. (Saint Faustina Diary, 50)

If baptism forgives all sins why do we go to confession after baptism? - The new creation received in Baptism does not take away the weakness of our human nature nor the inclination to sin called concupiscence. Baptism wipes out original sin and all personal sins committed after our Baptism are cleaned in the confessional.

Review Page 56 of the Handbook for Today's Catholic

- Satan has two tools Sin and Death - We can remove sin through confession and baptism and death is wiped out by life that is in the blood (Eucharist).
- We take our body ailments to a medical doctor, so why would we not take our ailing Spirit to the doctor of the soul (A priest).
- No matter how broken the priest is he can help us in the confessional, because he was given that power of the priesthood.
- Confession transforms us of from being out of a state of grace to being back in the state of grace.
- Confession teaches humility. There is not one soul in hell with the virtue of humility and there is not one soul in heaven with the vice of Pride.
- The greater the sinner the greater the right they have to God's mercy. Our sinfulness cannot keep us from receiving God's mercy.
- The worst kind of death is not the body, but the soul. Confession saves our soul. Every confession is a major spiritual resurrection. God and life is able to come back into our soul.
- The priest cannot break the seal of confession and we are not allowed to hear another person's confession.
- If you have gone to confession for all your mortal sins and then you go to mass, your venial sins are forgiven during the penitential rite, if you don't sin in mass from the penitential rite until you receive communion you are completely spotless.
- You don't need to confess in front of the priest you can be behind the screen, which is more the traditional way.
- Not the appropriate time for spiritual direction, especially if there is a line for the confession.

Common Questions

What is sin? - Turning away from God, disobeying God's commandments

What is Mortal (Grave) Sin - Sin must be grave, you must know it is a sin, and free will to freely choose to sin. It is a direct, conscious and free violation of one or another of the Ten Commandments in a serious matter. Mortal sin, also known as grave or deadly since, destroys the life of the grace in your soul. It would be like kicking God out of your heart.

What is venial sin? - Violations of God's law that do not sever the relationship with him or destroy life of grace in the soul.

All sins are NOT equal

1 John 5:13-21 - "If anyone see his brother sinning, if the sin is not deadly, he should pray to God and he will give him life.

This is only for those whose sin is not deadly. There is such a thing as deadly sin, about which I do not say that you should pray. **All wrongdoing is sin, but there is sin that is not deadly.**"

James 1:14 -15 "Rather, each person is tempted when he is lured and enticed by his own desire. Then desire conceives and brings forth sin, and **when sin reaches maturity it gives birth to death.**"

Do we have to confess all your venial sins you can remember? It isn't required, because they are forgiven in the penitential rite at the mass, but you must go to confession for all mortal sins.

What makes a valid confession?- You must confess all grave sins you can remember, you must have contrition (Sorrow and hatred for sin), and you must complete your penance to be forgiven the punishment that is owed and it can be expressed in many ways, including prayer, fasting, and alms giving. You can go beyond your penance on your own to complete satisfaction if you feel like your sins are more serious than saying just a Hail Mary. Confessional heals the wound because our sin is forgiven, but a scar still exists on the Body of Christ and our penance or satisfaction can repair this. If you aren't comfortable with the penance you can ask the priest to assign you another penance and you need to be able to fulfill it.

If you have sins that you don't confess and you purposely withheld confessing a grave sin, all the confessions previous are invalid.

Is it the priest that forgives our sins? Yes the priest forgives our sins with the authority that was given to them by Jesus and Jesus delegated the ministry of confession and the authority to forgive sins to his apostles and this is a living office that is passed on through the laying on of hands.

Is there Sin that is not forgiven?

Matthew 12:31 - "Therefore, I say to you, every sin and blasphemy will be forgiven people, but **blasphemy against the Spirit will not be forgiven.** And whoever speaks a word against the Son of Man will be forgiven; but **whoever speaks against the holy Spirit will not be forgiven,** either in this age or in the age to come."

What is Blasphemy against the Spirit? - Not asking for God's Mercy. The sin of attributing to Satan (Matthew 12:24) what is the work of the Spirit of God. (Matthew 12:28)

Examination of Conscience - becoming aware of your sins

Review pages 78 - 85 of the Advent Journal

Prayer first prior to examination of conscience and confession

"Come, Holy Spirit, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them and firmly resolve to amend my life. Spirit of Wisdom, grant me to see the malice of my sin and my ingratitude toward You, the all-loving God. Spirit of Fortitude, help me to make whatever sacrifice is needed to avoid sin in the future. Amen.

- Daily Examination at the end of the day as part of your prayer life - Advent Meditation Journal pg. 78
 - Awareness:** Revisit the times in the past 24 hours when you were and were not the best version of yourself. Talk to God about these situations and what you learned from them.
 - Peace:** Ask God to forgive you for any wrong you have committed (against yourself, another person, or Him) and to fill you with deep and abiding peace.
- Examination of Conscience for Adults and Teen "Fathers of Mercy" pamphlet (Use 10 commandments and the 7 deadly sins)
- Ways of turning away - Advent Meditation Journal pgs. 80-85
- There is an examination of conscience activity on the Amen app
- Track 11 on confession CD

Note: Try to remember your sins in number and kind. You don't always need to go into all the details, but you must not be overly vague. For example, for a sexual sin, the priest may want to know if you were impure with yourself or another person and if was an act or a thought. This helps the priest understand the sin committed.

What do un-confessed sins do to us? We slowly become a slave to Satan, because he knows our un-confessed sins and he

then uses them to accuse us, put us down, make us feel unworthy of God's love, that we are so bad God will never forgive us. Once our sins are forgiven they no longer exist to not only God, but to the demons as well (Psalm 103). They can't accuse of sins we have confessed. Satan desperately does not want us to go to confession and for that matter to eat of the Body and Blood of Christ.

Unrepentant sins are like portals that allow Satan/death to enter our body and soul to destroy us. The longer we go without confession our sins the larger the holes and entrances become for him to enter us. DO NOT listen to the voice that says, "You don't need to confess your sins to a priest." This is a lie and all lies come from the author of lies (Satan).



How do I confess my sins? Rite of the Sacrament of Reconciliation - Page 79 in Advent journal or pg. 75-76 in Handbook for Today's Catholic

Saint Faustina Diary 647 - Pray that your confessor understands you and God gives him the grace and wisdom to guide us.

Absolution - The priest forgives our sins by the grace of God. They are in the person of Christ and there is guaranteed of forgiveness.

"The Lord has been teaching me, once again, how I am to approach the Sacrament of Penance: **My daughter, just as you prepare in My presence, so also you make your confession before Me. The person of the priest is, for Me, only a screen. Never analyze what sort of a priest it is that I am making use of; open your soul in confession as you would to Me, and I will fill it with My light**" (St. Faustina *Diary*, 1725).

Priests Words of Absolution

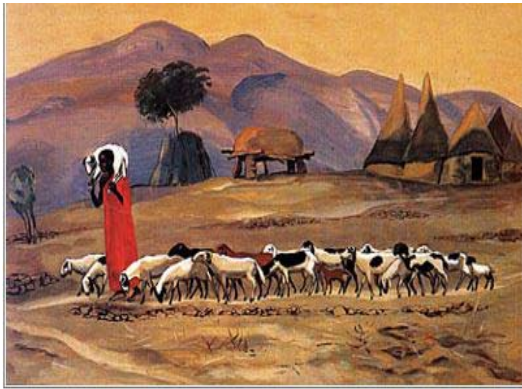
God, the Father of mercies, (2Cor1:3) through the death and resurrection of His Son (2 Cor. 5:19; cf. Rom. 11:15; Col.1:20)has reconciled the world to Himself (John 20:21-23)and sent the Holy Spirit among us for the forgiveness of sins; (2 Cor. 5:18-20)through the ministry of the Church (Luke 7:50; Col. 1:14)may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.



Act of Contrition - Pg. 89 of Handbook for Today's catholic or page 79 of Advent journal

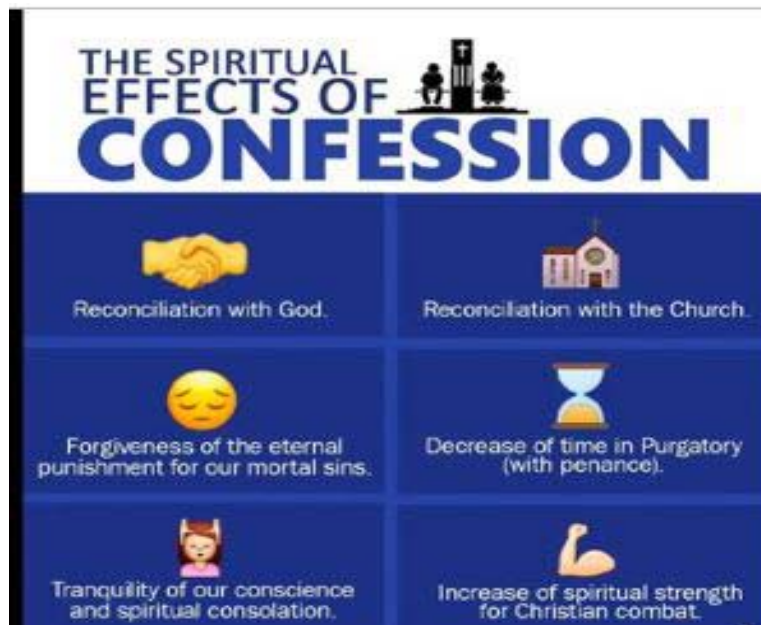
My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intent, with your help, to do penance, to sin no more, and to avoid what ever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

Penance - It is important that we do our penance right away, because if we forget and fail to complete our penance our confession becomes invalid.



Prayer after Confession

Almighty and Merciful God, Whose mercy is boundless and everlasting and of Whose goodness the riches are infinite, I thank You because You have so graciously pardoned all of my sins and restored Your Heavenly favor. I am awed by your divine compassion and the incomprehensible love of Your Son, which has led him to institute so gentle and powerful a remedy for sins. In union with all the gratitude that has ever ascended to You from truly penitent hearts, I proclaim Your merciful praises on behalf of all in Heaven, on earth and in purgatory, for ever and ever. Amen.



10 Commandments - Catholics take them from Deuteronomy
I am the Lord your God. You shall not have strange gods before me.

- Do I see to love God with my whole heart and soul?**
- Does He truly hold the first place in my life?**
- Do I give God time every day in prayer?**
- Are there things more important in my life than God?**
- Have I been involved with superstitious practices or the occult?**
- Do I seek to do God's will or my will in my life?**
- Have I ever received Holy Communion in the state of mortal sin?**

Have I told a lie in confession or deliberately withheld confessing a mortal sin?

2. You shall not take the name of the Lord your God in vain.

Have I condemned someone in God's name? - misuse of God's name and power GD.

Do I say His name when I am angry

Have I used God's name lightly or carelessly ? OMG!

Have I insulted a sacred person (priest) or abused a sacred object? (Eucharist)

Have I broken a vow made in God's name?

3. Remember to keep holy the Lord's Day.

Do I reflect on the meaning of the resurrection every Sunday?

Have I deliberately missed Mass on Sundays or Holy Days of Obligation?

Have I tried to observe Sunday as a family day and a day of rest, which includes prayer?

Do I needless work or activities on Sunday, like shopping, that forces others to work?

4. Honor your father and your mother.

Do I honor and obey my parents?

Do I try to bring peace into my home life?

Have I neglected my family responsibilities to spouse and children?

Have I provided adequate care for my parents?

Have I instilled faith & discipline in my kids?

Have I criticized politicians without praying for them first?

Have I broken the law thinking it is no "big deal" like the speed limit?

Have I cheated on my taxes?

5. You shall not kill.

Have I murdered or physically harmed anyone?

Have I had an abortion or encouraged anyone to have an abortion?

Have I abused alcohol or drugs, which can indirectly lead to destruction of the body/life?

Did I give scandal to anyone, leading him or her into sin? (killing their soul)

Have I harbored hatred in my heart, wishing them death or worse, to go to hell?

Have I condoned sterilization or other forms of birth control?

Have I engaged in sins against human life such as artificial insemination or in vitro fertilization?

Have I approved euthanasia?

Have I actually taken someone's life either directly or indirectly?

Have I harbored hatred, anger, or resentment in my heart towards anyone?

6. You shall not commit adultery.

Have I been unfaithful to my marriage vows in action or thought?

Have I engaged in any sexual activity with another person outside of marriage?

Have I engaged in impure acts by myself?

Has each sexual act in my marriage been open to new life?

Do I seek to be chaste/pure in my thoughts, words, actions?

Am I careful to dress modestly? (Men and Women)

Have I indulged in pornographic material?

Am I engaged in any inappropriate relationships?

7. You shall not steal.

Have I returned or made restitution for what I have stolen?

Do I waste time at work, school, home?

Have I lied about my hours at work or claimed someone else's ideas as my own?

Do I gamble excessively, thereby denying my family of their needs?

Do I pay my debts promptly?

Do I seek to share what I have with the poor and needy?

Have I cheated anyone out of what is justly theirs: creditors, insurance company, even IRS?

8. You shall not bear false witness against your neighbor.

Have I lied, even "white lies?"

Do I speak badly of others behind their back?

Do I gossip or participate in gossip?

Am I critical, negative or uncharitable in my thoughts of others?

Do I keep secret what should be kept confidential?

Bragging (false of oneself) and exaggerated flattery (false things of another) are a sin

Am I sincere in my dealings with others or am I "two-faced?"

9. You shall not covet your neighbor's wife.

Am I envious of another's spouse or family?

Have I caused impure thoughts by reading, movies, TV, conversation or curiosity?

If I know a movie has sexual content, do I watch it anyway?

Do I pray at once to banish impure thoughts and temptations?

Have I flirted with someone not my spouse?

10. You shall not covet your neighbor's goods.

Am I jealous of what other people have?

Are material possessions the purpose of my life?

Do I have attachments to things? (cell phones, laptops, car, house, TV, fish rods, boats, ATVs, shoes, clothes, purses, jewelry)

Am I upset when I see the success of someone else?

Am I resentful and bitter over my position in life?

Corresponding Virtues to 7 Deadly Sins

1. Humility cures Pride

2. Kindness cures

3. Temperance cures Gluttony

4. Chastity cures Lust

5. Patience cures Anger

6. Generosity cures Greed

7. Diligence cures Sloth

Bible Verses that support the Sacrament of Reconciliation/Confession

James 5:13-17

"Is anyone among you sick (Sinful)? He should summon the presbyters (priests) of the church, and they should pray over him and anoint him with oil in the name of the Lord, and the prayer of faith will save the sick (sinful) person, and the Lord will raise him up. If he has committed any sins, he will be forgiven. Therefore confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful."

Matthew 9:5-8

"Which is easier to say, "Your sins are forgiven, or to say, "Rise and walk?" But that you may know that the Son of Man has authority on earth to forgive sins" he then said to the paralytic, "Rise, pick up your stretcher, and go home." He rose and went home. When the crowds saw this they were struck with awe and glorified God who had given such authority to human beings.

Matthew 16:18-19

And I say to you, You are Peter and on this rock I will build my church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven." (Apostolic succession).

John 20:23

"As the Father has sent me, so I send you. And when he has said this, he breathed (Life giving power from God) on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained."

Note: If Priests can baptize people which wipes away sins, why can't they perform Reconciliation to heal people?

Temptation to sin, The parable of the Lost Sheep

Matthew 18: 6-20

"Amen, I say to you , whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." This verse shows that this pertains to repented or un-repented sin.

Matthew 18:21-35 - Parable of the Unforgiving Servant

Luke 15 - Parable of the Lost Sheep, Parable of the Lost Coin, Parable of the Lost Son

Luke 17: 1-4 - Temptation to Sin

2 Corinthians 5:17-21 - Ministry of Reconciliation

Your Mercy is New Today Song

[Micah Tyler - New Today \(Official Lyric Video\)](#)

Closing prayer - Act of Contrition