

2020-2021 RCIA #18

2/8/21

Part III: The Sacraments and Prayer (Chapter 31)

- Confession
 - Telling Our Sins
 - Sin and Punishment

Confession

- The terms Confession, Penance and Reconciliation are interchangeable
- Confession should not be seen as an intolerable burden
- If you forget a mortal sin then confess it at the next opportunity
- God is a just judge not a tyrannical judge

Confession (Cont)

- The only way to violate the sacrament of Confession is to make a sacrilegious confession where one knowingly and deliberately omits telling a mortal sin
- The important factor in Confession is intent
- Everything that is said in the sacrament of Confession is bound by a strict bond mandating that the priest is never at liberty to reveal even on the pain of death

Confession (Cont)

- This bond is required for all priests
- For anyone who has no mortal sin to confess going to the sacrament of Confession provides additional sanctifying and sacramental graces and strengthens us against temptation as well as resistance to sin
- To receive this grace one must confess at least one or more venial sins
- Frequent confession is a wonderful practice

Confession (Cont)

- **Preparation for Confession:**

- Examine conscience
- Be sorry for sins
- Have a firm purpose to not sin again
- Confess to a priest
- Perform the penance which the priest assigns

Confession (Cont)

- **The formula for going to Confession:**
 - Spending some time examining one's conscience
 - Asking for the priest's blessing
 - Reciting a list of one's sins
 - Expressing a statement of sorrow for these and all past sins

Confession (Cont)

- Reciting the act of contrition (the priest will ask you for this)
- Attaining absolution from the priest (*persona Christi*)
- Thanking the priest for hearing your confession
- Completing the “penance” assigned by the priest

Confession (Cont)

- **Other points to consider when going to Confession**
 - Speak clearly and distinctly but in a whisper
 - Do not ever list the sins of others
 - Avoid making a general confession unless requested to do so by a confessor

Confession (Cont)

- Listen attentively to the penance assigned by the priest
- Listen to the words of absolution
- After your confession, complete your penance as soon as possible and if possible remain a few moments thanking God for the sacrament of Confession

Confession (Cont)

- Remember that:
 - God is infinitely merciful and just
 - The sinner usually punishes himself (when choosing to commit a mortal sin the sinner chooses to separate himself from God)