



Encounter Christ in the Sacrament

Why go to Confession?

Pope Francis recently spoke these words to thousands of people, “Be courageous and go to Confession!” Why is this Sacrament so important for our well-being? Jesus instituted the Sacrament of Confession because we need healing from the effects of personal sin after Baptism. The Lord is the doctor of our soul. Let’s take a closer look.

Pope Francis further explains in the following remarks made on February 19, 2014. Dear Brothers and Sisters, through the Sacraments of Baptism, Confirmation and the Eucharist man receives new life in Christ. However, we are still subject to temptation, to suffering, to death and, because of sin, we can even lose this new life. Jesus therefore willed that the Church continue His works of salvation for her members, in particular through the Sacrament of Reconciliation...a Sacrament of healing.

The Sacrament of Reconciliation flows directly from [the Passion, Death, and Resurrection of Jesus]. In fact, on the very evening of Easter the Lord appeared to the disciples, saying, “Peace be with you! Receive the Holy Spirit. If you forgive the sins of any, they are forgiven” (John 20:21-23). This passage reveals to us the most profound dynamic that is contained in this Sacrament.

First of all, the fact that the forgiveness of our sins is not something that we can give ourselves. I cannot say: “I forgive my sins.” Forgiveness is asked from Jesus. Forgiveness is not the fruit of our efforts but it is a gift of the Holy Spirit, who fills us with the purification of mercy and grace which flows incessantly from the wide-open Heart of the crucified and risen Christ.

In the second place, it reminds us that only if we allow ourselves to be reconciled in the Lord Jesus with the Father and with our brothers, can we really be in peace. And we all have heard this in our heart when we go to confess, with a weight in the soul, a bit of sadness; but when we receive the forgiveness of Jesus we are in peace, with that peace of the soul that is so beautiful that only Jesus can give, only Him.

It is not enough to ask forgiveness from the Lord in our own mind and heart, but it is necessary to confess one’s sins humbly and confidently to the minister of the Church... Even from a human point of view, to vent, it is good to talk with a priest about these things that weigh heavily in my heart. **DO NOT BE AFRAID OF CONFESSION!**

When one is in line to confess, they feel these things, even shame; but then when Confession is ended, they feel free, great, beautiful, forgiveness, white (clean), happy. And this is the beauty of Confession!

I would like to ask you to respond in your heart: when was the last time you confessed? Has it been two days, two weeks, two years, twenty years, forty years? Go; the priest will be good. Jesus is there. Jesus receives you; He receives you with so much love.

Be courageous and go to Confession!

