

Sunday Q&A

Your Faith in Focus



THE FREEDOM OF FORGIVENESS

Since your previous Confession, the weeks turned into months, and then months to a year, and then a year into five years ... and now you can't even remember what to do or say.

Some stay away from Confession because they feel awkward, maybe partly because of their sins or because they simply don't know what to do anymore in this sacrament.

At Mass, it is fairly easy to follow along and blend in with the congregation, but Confession can seem like an intimidating "solo" performance. But fear of forgetting some words should never keep you from the freedom of forgiveness!

Welcome Back!

Remember: You are not on your own in Confession. The priest is there to help you. One man shared that when he returned to Confession after a decade, he braced himself for a reprimand from the priest for being away from the sacrament for so long. Much to his surprise, the priest warmly said, "Welcome back!" Then he gently guided the man through the steps that he had long forgotten.

Priests look forward to welcoming people back to Confession after long periods away. As one priest told us, "They are my big fish. They remind me of why I became a priest in the first place."

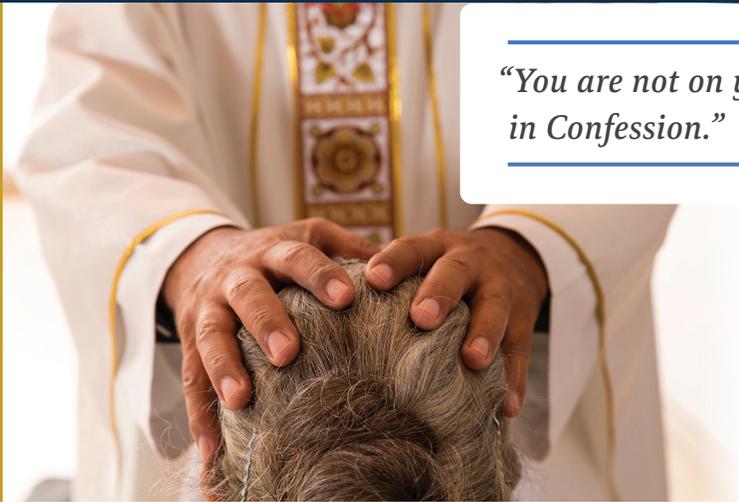


Jesus Wants to Heal Us

Maybe you go to Confession regularly. Maybe your Confession story is more about frustration with repeating the same sins every time, or you want the experience to be more meaningful. No matter how often you go or what sins you confess, you are a sinner loved by God ... and Jesus wants to heal and love you through the Sacrament of Reconciliation.

Ponder and Pray

- What is your experience of Reconciliation?
- What would help you on your path to continued conversion?
- What do you need to confess right now?



“You are not on your own in Confession.”

Make It Your Own

Examine your conscience and begin preparing for Confession right now using this simple examination of conscience to get you started.

WHAT I AM REPENTING FROM

WHAT I AM REPENTING FROM	
Sins against God	
Sins against others	
What I have done	
What I have failed to do	

Tip of the Week

If you are apprehensive about going to Reconciliation, invite a friend or family member to come with you. Get some coffee or go out to eat afterward.

Dive Deeper

Scan this code to learn more or visit <https://media.ascensionpress.com/video/do-i-need-to-go-to-confession/>

