

# Sunday Q&A

Your Faith in Focus



## THE DECISION OF CONTRITION

### What do we need to do to seek God's forgiveness in the Sacrament of Reconciliation?

#### Be Sorry, Be Resolved

First, we need to approach Reconciliation with the right attitude. The essential attitude for a good Confession is straightforward: sorrow for our sins and an unyielding resolution to change (also known as a "firm purpose of amendment"). But what if you find yourself confessing the same sins every time? What if your Confession today is exactly the same as the last Confession? Does this mean you are not really sorry for your sins? Does it mean you are not really trying to change?

#### Reject Sin, Choose God

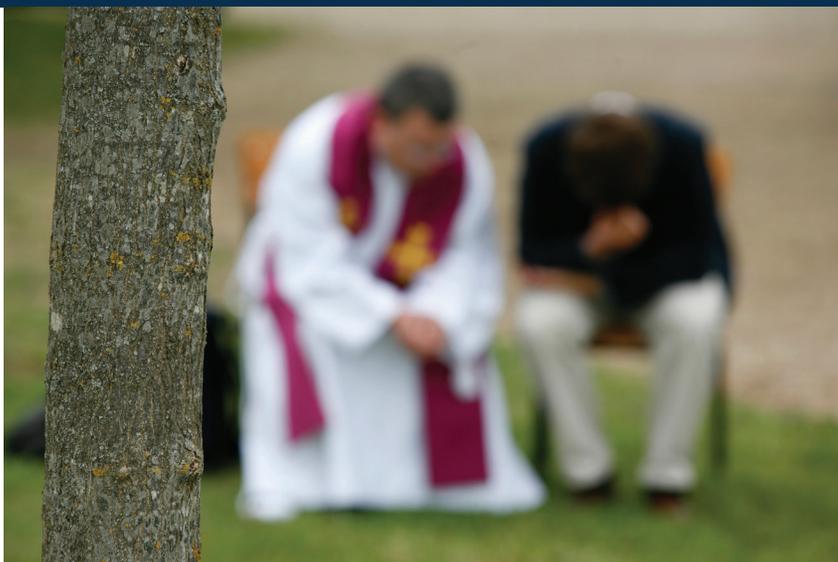
These questions are natural and helpful, but they also sometimes mislead our expectations regarding contrition (sorrow for sin). Sincere contrition is not determined by our emotions or our passions. Contrition is a decision to reject sin and choose God, even if we have to do so over and over again. Due to the power of habit and personal weakness, we may find ourselves regularly committing the same sins. Reconciliation requires only that we make an act of the will—a choice—to reject sin and resolve to avoid sin going forward. We make this choice concrete by giving some thought to the situations that lead us into sin and plan to avoid those situations.

#### God Never Tires of Forgiving Us

We should never tire of returning to God for the forgiveness and freedom he never tires of offering us in this sacrament.

## Ponder and Pray

- How are you rejecting sin and choosing God in your life right now?
- What are the near occasions of sin that you need to root out of your life right now?
- How is the Holy Spirit leading you to deeper contrition right now?



## Make It Your Own

Write down and pray an Act of Contrition. It can be the standard Act of Contrition or one that flows from your heart as you pray. Use this as a way to prepare for your next visit to the sacrament of Reconciliation.

### My Act of Contrition

## Tip of the Week

Many saints recommend making an examination of conscience at the end of every day. Since most of our sins creep up in ordinary life, the habit of reviewing our daily choices can help pinpoint areas that need change.

## Dive Deeper

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