

In the absence of Confession. . .

Remember your First Confession and being taught we must be sorry for our sins to be forgiven?



There are two types of sorrow (contrition) for sins.

- ✧ Imperfect Contrition -- focus on ourselves.
fear of even greater punishment.
- ✧ Perfect Contrition -- focuses on the Other.
Not the fear of hell, rather offending One who is All-Loving.

Perfect Contrition focuses on the relationship rather than the sin, the Redeemer rather than oneself.

Why seek out the Sacrament of Reconciliation?

- ✧ Personal abandonment to the Mercy and Grace of God

What about now with the pandemic and “shelter in place?”

- ✧ Rely on the words of Psalm 103:8,

*“Merciful and gracious is the LORD, slow to anger,
abounding in mercy.”*

- ✧ With Perfect Contrition, seek the Lord.
- ✧ Allow His Grace to penetrate the core of your being.
- ✧ Earnestly pray an Act of Contrition.



- ✧ Resolve to receive the Sacrament of Reconciliation as soon as possible.

- ✧ Continue to restore your relationship with the Lord.
- ✧ Be confident that His Love is greater than our offenses; His mercy is everlasting.

*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 intend, with your help,
to do penance, to sin no more,
and to avoid whatever
leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In His name, my God,
have mercy.
Amen.*