

Explaining Confession

By Deacon Tim Sullivan

We mentioned earlier that Jesus founded the Church and gave it the authority and power to do everything He did when He walked the earth.

One of the things Jesus often did while He was here was forgive sins. So before He rose into heaven after His resurrection, He gave the apostles and their successors the power to forgive sins.

Just as all the sacraments require honesty and sincerity on the part of those who are receiving them, we have to name all the sins we can remember, be truly sorry for them and determined not to commit them again when we make our confession. It's an important part of being a Catholic to frequently review our thoughts and actions and identify what is sinful and in need of forgiveness.

Sin is never something that is just between us and God. Our sins always have a negative impact on others, because evil is contagious, like a bad cold. So in confessing our sins to a priest, our relationship with God and with our community is restored.

Making a good confession can seem hard, but it is so wonderful to hear the words of the priest, acting as the representative of Jesus, forgive us of our sins. Knowing for sure that we are once again right with God frees us of a heavy burden.

“God has reconciled us to himself through Christ and given us the ministry of reconciliation...not counting the trespasses of the world against them.” 2 Corinthians 5:18-19