

MAKING A SPIRITUAL CONFESSION

WHAT POPE FRANCIS HAS BEEN TEACHING US ABOUT CONFESSION

(taken from Crux website 20 March)

People who cannot get to confession because of the coronavirus lockdown or another serious reason can go to God directly, be specific about their sins, request pardon and experience God's loving forgiveness, Pope Francis said.

"This is the right time, the opportune moment. An act of contrition done well, and our souls will become white like the snow,"

the pope said March 20 during his livestreamed morning Mass.

The first reading at Mass on March 20 was from Hosea, and it encourages people to return to the Lord with all their hearts, recognizing their sins and letting God forgive them, the pope said in his homily.

"Return to your father who is waiting for you," the pope said. "The God of tenderness will heal us; he will heal us of the many, many wounds of life and the many ugly things we have done. Each of us has our own!"

God welcomes every repentant sinner with open arms, he said.

"It's like going home."

Lent is a special time

"to let God wash us, purify us, to let God embrace us,"

the pope said, and the best place for that is the confessional.

"But many people today would tell me, 'Father, where can I find a priest, a confessor, because I can't leave the house? And I want to make peace with the Lord, I want him to embrace me, I want the Father's embrace.'"

The pope said his response would be,

"Do what the Catechism (of the Catholic Church) says. It is very clear: If you cannot find a priest to confess to, speak directly with God, your father, and tell him the truth. Say, 'Lord, I did this, this, this. Forgive me,' and ask for pardon with all your heart."

Make an act of contrition, the pope said, and promise God, "I will go to confession afterward, but forgive me now.' And immediately you will return to a state of grace with God."

The Catechism of the Catholic Church, N. 1452, says: "When it arises from a love by which God is loved above all else, contrition is called 'perfect' - contrition of charity. Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible."

“As the catechism teaches,” Pope Francis said, “you can draw near to God’s forgiveness without having a priest at hand. Think about it. This is the moment.”

A simple Act of Private Confession & Contrition without a priest.

A suggested way by Fr Aidan-Peter c

Find a quiet place, preferably in front of a crucifix or with the Holy Bible present, maybe light a candle as a symbol of your desire to follow the light of Christ out of the darkness of sin.

1. Make the sign of the cross and in silence place yourself before the Lord.
2. Then be clear, honest and specific and confess your sins before God. He hears you.
3. Make an act of contrition
“O My God because you are so good
I am heartily sorry for my sins
and in failing to do good.
I firmly resolve with the help of your grace
to make real efforts to sin no more,
to amend my life
and to avoid the near occasions of sin. AMEN”
4. For your penance say the following prayers from the depth of your heart. Don’t rush them but let them speak to you afresh as you offer them up to the Lord

One Our Father : meditate on these familiar words given our new way of living especially on how we are to do God’s will “on earth as it is in heaven”
Three Hail Mary’s: one for those you may have offended by you confessed sins
one for the safety for your family and loved ones
one for those suffering from Covid 19 and for our Medical frontline
One Glory Be: in praise of God’s infinite mercy.

5. Make the sign of the Cross.

*Make a mental note of this personal confession
and when we are able to offer regular confessions again
please let the priest know you did this spiritual exercise and when
so he may include it in formal sacramental absolution.*

God bless you
Keep safe, Keep sane and Keep the Faith !