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.