

## WHY CONFESS ?

### A. Why confess? What is the use of confession?

Confession is one of the seven sacraments of the New Covenant, which is like the reservoir of Divine goodness and mercy. When one admits to be a sinner and knows the consequences, he must resort to the remedies God has prepared for him.

The great remedy for sin is confession. The Council of Trent calls it the ultimate plank of salvation after the wreck. Shipwreck is mortal sin.

### B. Is it simply a way of relieving our conscience or, first, of restoring our friendship with God?

Going to confession while continuing to love sin would make the confession invalid. It is necessary to have at least the regret of our sins.

The bare minimum is the shame for the ugliness of sin or the fear of the punishment of sin. We're not going to confession for some clean up. We are going to confession because sin has offended God and we want to recover our friendship with God. As David says in the Psalm: "*Be one with God.*" "*Miqui humanum est adberere deo,*" "*My good is to be with God*".

### C. The sacrament of penance was instituted on the evening of Easter by our Lord Jesus Christ during His meeting with the apostles. Was it only for grievous sins?

The words of the Lord are of paramount importance.

Our Lord said, "*Peace be to you. As the Father hath sent me, I also send you. When he had said this, He breathed on them; and He said to them: Receive ye the Holy Ghost. Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained*" (Jn 20:21-23).

One cannot be more comprehensive by being concise.

Why do priests have the power to forgive sins? Because they receive the Holy Ghost. It is because a priest communicates the Holy Ghost by absolution that he forgives sins. A priest is someone who, in the exercise of the sacraments, communicates the Holy Ghost and grace, that means he has them. He has them by himself, he is the channel of this Holy Ghost. And the Holy Ghost makes our contrition perfect to allow the forgiveness.

D. How is the sacrament of penance similar to a court?

Because it works identical to a court that condemns or acquits.

However, there is a big difference between the civil and penal courts and the court of penance, because the aim is totally different. While the aim of a criminal court is to punish, the aim of the court of penance is, by any means, to acquit. In this case, the means are most honest.

In the very beautiful post-communion of the Tuesday of Pentecost, it is said that the Holy Ghost, “*is Himself the remission of all sins,*” “*Ipse est remissio omnium peccatorum*”. The remission of sins is the Holy Ghost. It is the irruption of the Holy Ghost into a soul that forgives sins and not the other way around. The priest restores the presence of Holy Ghost to the sinful soul, which makes contrition perfect.

“*Receive the Holy Ghost*”, causes sins to be handed over.

The Council of Trent says formally and clearly that the sacrament of penance has been instituted for grievous sins, because it is made to regain grace, it is made to recover the Holy Ghost and only the mortal sin causes the loss of the Holy Ghost and His grace.

E. We all, as creatures, have a relationship with our Creator. So why do we need a priest?

The priest is necessary and even indispensable because it is he who will give the Holy Ghost by his sacramental absolution, it is he who is effective.

It is absolutely necessary to confess because it is impossible to be forgiven by personal means and it is extremely difficult to be forgiven by the actual grace of God.

Our Lord Jesus Christ instituted a special sacrament for this very purpose.