

Sacrament of Reconciliation

Pope Francis's Homily

[Lent] is the time to enter into ourselves and to remember the Father and return to our Daddy. 'But, Father, I'm ashamed to go back because, you know, Father I've ...done so many things wrong'. What will the Lord say? 'Return. I will heal their defection. I will love them freely; for my wrath is turned away from them (Hosea 14:4).' Return to your Father. The God of tenderness will heal us.'

"Going back to God is going back to an embrace, the Father's embrace, It's not going to God. No, it's going back home."

I know that many of you go to confession before Easter... Many will say to me: 'But Father...I can't leave the house and I want to make my peace with the Lord. I want Him to embrace me...How can I do that unless I find a priest?'. Do what the catechism says. It's very clear. If you don't find a priest to go to confession, speak to God. He's your Father. Tell Him the truth:

'Lord. I did this and this and this. Pardon me.' Ask His forgiveness with all your heart with an act of contrition, and promise Him, 'afterward I will go to confession.' You will return to God's grace immediately. You yourself can draw near, as the catechism teaches us, to God's forgiveness, is without having a priest at hand.' (Pope Francis, Homily, March 20, 2020)

Catechism of the Catholic Church

Act of Contrition

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. (n. 1452)

Acts of Contrition

<https://www.vaticannews.va/en/prayers/act-of-contrition.html>

Examination of Conscience

I am the Lord your God: you shall not have strange Gods before me.

Have I treated people, events, or things as more important than God?

You shall not take the name of the Lord your God in vain.

Have my words, actively or passively, put down God, the Church, or people?

Remember to keep holy the Lord's Day.

Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?

Honor your father and your mother.

Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?

You shall not kill.

Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?

You shall not commit adultery.

Have I respected the physical and sexual dignity of others and of myself?

You shall not steal.

Have I taken or wasted time or resources that belonged to another?

You shall not bear false witness against your neighbor.

Have I gossiped, told lies, or embellished stories at the expense of another?

You shall not covet your neighbor's spouse.

Have I honored my spouse with my full affection and exclusive love?

You shall not covet your neighbor's goods.

Am I content with my own means and needs, or do I compare myself to others unnecessarily?