WHY DO WE CONFESSION OUR SINS TO A PRIEST?

Rom 3:23  
We are all sinners

1 Jn 1:8-10  
We can't say we're not sinners

Ez 18:27-32  
God wants us to repent and live

Lk 18:9-14  
We need to be humble and seek forgiveness

Mk 2:1-12  
Jesus has the power to forgive sins (Son of Man)

Mk. 6:7  
Jesus gave his apostles (priests) power over evil

Jn 20:21-23  
Jesus gave his apostles (priests) the power to forgive sins

Mt. 18:18  
Jesus gave the apostles the power to give penance (bind) and absolve (loose)

2 Cor. 5:18-20  
The apostles are ambassadors in the ministry of reconciliation

James 5:14-16  
The elders (priests) can be called to forgive sins. "Therefore confess your sins to one another"

"You must confess your sins once a year" CCC

https://www.youtube.com/watch?v=Io89Cgp600
Write down what happens

**SACRAMENT OF Penance**

**Matter:** The verbal confessing of the sins.

**Minister:** Priest / Bishop

**Form:** "I absolve you from your sins in the name of the Father and of the Son, and of the Holy Spirit"

---

**The Effects**

- Reconciliation with God
- Recovery of sanctifying grace
- Reconciliation with the Church
- Remission of temporal punishment
- Partial remission of temporal punishment
- Peace and serenity of conscience, spiritual consolation
- Increase in actual grace to avoid sin in the future

---

READ: "Understanding the Sacrament of Penance", BB 131-132

READ "The Rich of Penance", pp. 133-134
Indulgence

The remission of the temporal punishment due to sin

2 Types

Plenary: remission of all

Partial: partial remission of temporal punishment due to sin

Conditions for Plenary:
1) Pray for the Holy Father
2) Receive Holy Communion
3) No attachment to sin (even venial)

Mt. 16:18
Mt. 18:18
Bind = penance
Loose = absolve
# How to Make a Good Confession

1) Examination of Conscience

2) Have sorrow for your sins.

3) Firm intention not to sin again.

4) Accusation of Sins

5) Absolution and Penance

[https://www.youtube.com/watch?v=Ib8pzn5nL20](https://www.youtube.com/watch?v=Ib8pzn5nL20)

## Seal of Confession

**Priest cannot reveal what was said**
THE RITE OF PENANCE

1) Greeting - sign of the cross

2) "Bless / forgive me father..."

3) "It has been ______since...

4) Accusation of sins
   - mortal sins
   - frequency
   - venial
   - circumstances

5) Priest Q's / Priestly advice

6) Penance

7) Act of contrition

8) Absolution

9) Farewell

10) Do your penance ASAP

SEAL OF CONFESSION: