

Catholic Minute on "The Sacrament of Confession"

"Even now, says the Lord,
return to me with your whole heart,
with fasting, and weeping, and mourning." Joel 2:12

Before the birth of Jesus, John the Baptist preached a baptism of repentance in the wilderness. He urged people to repent for the kingdom of God is at hand.

God Himself is always reconciling the world to Himself from the fall of Adam and Eve in the Garden of Eden. He is always looking out for each one of us, waiting for our return home, like the prodigal son. In His merciful love, God embraces each penitent in the sacrament of reconciliation, and sets us free from our sins through the priest, in the words of absolution. The sacrament of reconciliation not only frees us from our sins, it also liberates us, restoring our dignity as children of God, and restoring our friendship with God, thus putting us back in full communion with His church, the community of believers. This sacrament, is God's gift to us. Jesus after His resurrection, appeared to His disciples and said to them, "Peace be with you. As the Father has sent me, I am sending you." And He breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven." We are therefore not just recipients of this grace, but we are also invited to extend this grace to our brothers and sisters who have wronged us, by pardoning them just like Christ forgives us.

St. Francis of Assisi Prayer "For it is in pardoning, that we are pardoned."

Resources:

<https://americaneedsfatima.org/prayers/prayers-of-st-francis-of-assisi>

Joel 2:12-18

CCC 1480-149

John 20