

Confession During a Pandemic

The Sacrament of Reconciliation is the sacrament where God, working through his priests, forgives our sins and helps us with His grace to not sin again.



Priests have a very important role in the Sacrament of Reconciliation. When we tell our sins to the priest, God works through him to absolve (forgive) us of our sins.



But, What Happens If:

- There's not enough time for Father to hear everyone's confession, because there are no other priests available to help Father?
- Father is sick or vulnerable and can't be in close contact with many people?



During difficult times like war or pandemics, Bishops are able to give priests special permission to do the sacrament of reconciliation a little differently with something called General Absolution.

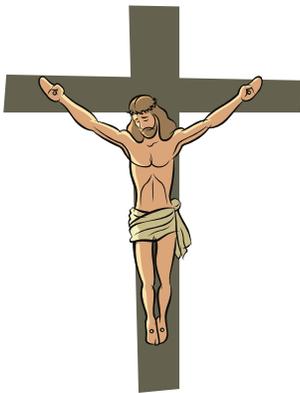
This is something that can only be done with the Bishop's permission or if someone is in a dangerous situation like war.

When general absolution happens, a priest is able to forgive the sins of a large group of people without hearing all of their sins before doing so.



How Should We Get Ready for General Absolution?

1. Pray to the Holy Spirit to help prepare you to receive God's forgiveness and grace.
2. Do an examination of conscience by thinking about the times you have failed to love God and others.
3. Be sorry for your sins. By sinning we hurt God who loved us enough to die on the cross for us. We can also hurt ourselves and others.
4. Decide to not sin again
5. Make an Act of Contrition
6. Agree to go to individual confession when you are able.
When you do, tell the priest any grave sins you were sorry for at this time.



ACT OF CONTRITION:

My God, I am sorry for my sins with all of my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God have mercy.
Amen.



Penance: This is a way of expressing to God how sorry we are and to help make up for the hurt we have caused God and others. This might be a prayer or act of service.

