

# FREQUENT CONFESSION

Pope Pius XII, in his encyclical *On the Mystical Body of Christ*, paragraph 88, highly endorses the pious practice of frequent confession [at least monthly] in order "to ensure more rapid progress day by day in the path of virtue." He says that this practice "was introduced into the Church by the inspiration of the Holy Spirit"!



## BENEFITS OF FREQUENT CONFESSION

The pope then proceeds to list eight benefits that come from frequent confession:

1. Genuine self-knowledge is increased.
2. Christian humility grows.
3. Bad habits are corrected.
4. Spiritual neglect and tepidity are resisted.
5. The conscience is purified.
6. The will is strengthened.
7. A salutary self-control is attained.
8. Grace is increased in virtue of the sacrament itself.

## FOR REFLECTION AND CONVERSATION:

- What's the connection between confession and the 8 benefits listed here?
- If you have been in the practice of confessing frequently, have you seen those benefits in your own life?

## PHASE 2 IS UNDERWAY

Lent and Easter provide great opportunities for leaning into the four holy habits that Go Make Disciples emphasizes: daily prayer, doing some form of penance every day (not just on Fridays in Lent), keeping Sundays holy, and frequenting the sacrament of confession. If it feels like your parish has gotten off to a slow start with Go Make Disciples, this is a great time to kick it into high gear.

## EQUIPPING FOR MISSION

Watch this [behind-the-scenes commentary](#) during the filming of the "Pivotal Players" series. Bishop Barron offers some practical tips for effective evangelization drawn from the life and work of Venerable Fulton J. Sheen.

### SEEKING HOLINESS

#### FREQUENT CONFESSION

**CCC 1458** Without being strictly necessary, confession of everyday faults (venial sins) is nevertheless strongly recommended by the Church. Indeed the regular confession of our venial sins helps us form our conscience, fight against evil tendencies, let ourselves be healed by Christ and progress in the life of the Spirit. By receiving more frequently through this sacrament the gift of the Father's mercy, we are spurred to be merciful as he is merciful:

"Whoever confesses his sins . . . is already working with God. God indicts your sins; if you also indict them, you are joined with God. Man and sinner are, so to speak, two realities: when you hear 'man' - this is what God has made; when you hear 'sinner' - this is what man himself has made. Destroy what you have made, so that God may save what he has made. . . . When you begin to abhor what you have made, it is then that your good works are beginning, since you are accusing yourself of your evil works. the beginning of good works is the confession of evil works. You do the truth and come to the light." (St. Augustine)

### YEARLY FORMATION NEWSLETTER TOPICS

#### MAY 2021

The Mission

#### JUNE 2021

Missionary Discipleship

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Evangelization

#### AUGUST 2021

How to Evangelize

#### SEPTEMBER 2021

Jesus + The Story | Faith

#### OCTOBER 2021

Our Baptismal Call | Courage

#### NOVEMBER 2021

Holy Mass | Charity

#### DECEMBER 2021

Reclaiming Sunday | Justice

#### JANUARY 2022

Daily Prayer | Hope

#### FEBRUARY 2022

Praying with Scripture | Lectio

#### MARCH 2022

Self-Denial | Moderation

#### APRIL 2022

Frequent Confession

### NOT A COMMITTEE MEETING

A note for parish staff and evangelization teams: **Think outside the box. Meet in homes. Share meals or drinks together. Discuss your faith, your parish, and what God is saying to you in prayer.**