

10 Reasons Why Catholics Go To Confession:

1. It is often accompanied by a great feeling! (e.g., relief, hope, love of God, fresh motivation, peace and joy, etc.)
2. Jesus forgave people's sins in the Gospel stories. He apparently wanted his Apostles to continue this '*ministry of reconciliation*' (2 Corinthians 5:18-20), because he breathed on them on the day of his resurrection and said, "*Receive the Holy Spirit. Whose sins you forgive, they are forgiven them*" (John 20:21-23). This sacramental encounter with Jesus, where our Lord forgives our sins through the priest, seems to have been a gift that he wanted his Church to have.
3. Having to go to a member of the Body of Christ to confess our sins and receive forgiveness reveals a consistent pattern in the way Christ intended his grace to flow into his Church. Grace is often administered to us by others. For example, we cannot baptize, confirm, anoint, or ordain ourselves.
4. Our sins affect both our relationship with God and the community. In Confession, the priest is both the ambassador of Christ and a representative of the human family. We are reconciled with the whole Christ, head and body.
5. It is a spiritual, but also a vocal renunciation of sin. This corresponds to our being made up of both soul and body.
6. We are restored to our baptismal purity.
7. Sometimes God speaks into our lives in a special way through the priest.
8. We receive particular graces to help us in the specific struggles we have brought to the sacrament.
9. It is good for families. Confession can be a very profound and healing event for a family to experience together.
10. The seal of the sacrament of Reconciliation is absolutely inviolable. For no reason whatsoever can a priest disclose anything he has heard in Confession. There are no exceptions. This is a testimony of the infinite mercy of God. Nothing should hold a person back from approaching the sacrament and receiving God's mercy.