

SAINT AGNES CATHOLIC CHURCH  
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Experience peace and love  
through the Sacrament of Reconciliation

If you haven't been to Confession in a while, the Catholic Church wants to welcome you back, and invites you to participate in this beautiful sacrament of healing. Take a step in faith. You'll be surprised about how free you feel after taking part in the Sacrament of Reconciliation. So many Catholics describe incredible feelings of peace, joy, relief, and love that they never expected. Jesus is calling you to experience His mercy in this way too.

**How to Go To Confession:**

- 1) Examine your conscience, be truly sorry for your sins, and resolve to change your behavior.
- 2) Go to the priest and say, "Bless me, Father, for I have sinned. It's been \_\_ (weeks, months, years etc.) since my last confession.
- 3) Talk to the priest and tell him your sins
- 4) Listen to the priest. If you have any questions about your Faith or how to grow in holiness, feel free to ask him any questions. The priest will give you a penance.
- 5) Pray the Act of Contrition
- 6) Listen to the priest absolve you of your sins:

**In English:** "God, the Father of mercies, through the death and resurrection of His Son, has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church, may God give you pardon and peace, and I absolve you from your sins in the Name of the Father, and of The Son, and of the Holy Spirit. 'AMEN'"

**In Latin:** "Deus, Pater misericordiarum, qui per mortem et resurrectionem Filii sui mundum sibi reconciliavit et Spiritum Sanctum effudit in remissionem peccatorum, per misterium Ecclesiae indulgentiam tibi tribuat et pacem. Et ego te absolvo a peccatis tuis in nomine Patris et Filii et Spiritus Sancti 'AMEN'".

7) Go and do the penance the priest has given you. This is the first act of your "new life". If you are not sure of what to do, tell the priest and he will make it easier for you.

*Come to me, all you who are weary and burdened, and I will give you rest.*

Matthew 11:28



**+ DON'T BE AFRAID +**

## **The Benefits of going to Confession**

### **Confession helps us to better “know thyself.”**

St. Augustine and countless other saints and doctors of the Church talk about the importance of knowing ourselves well. Through coming to know ourselves better, we realized how fallen we are, and how badly we need God’s help and grace to get through life. Frequent Confession helps remind us to rely on God to help rid us of our sins.

### **Confession helps us overcome vice.**

The grace we receive from the Sacrament of Confession helps us combat our faults and failings and break our habits of vice much more easily and expediently than we could otherwise do without the sacramental grace.

### **Confession brings us peace.**

Guilt from the sins we commit can make us feel all mixed up inside and cause us to lose our peace and joy. When we hear God’s forgiving words to us from the lips of the priest in Confession, a burden is lifted off our shoulders and we can again feel the peace of heart and soul that comes from being in a good relationship with God.

### **Confession helps us become more saintly, more like Jesus.**

Jesus was perfectly humble, perfectly generous, perfectly patient, perfectly loving—perfectly everything! Don’t you wish you could be as humble, generous, patient, and loving as Jesus? Saints throughout history have felt that way too, and they have frequented the Sacrament of Reconciliation to help transform them into people who are more like Christ. Little images of Christ—that’s what saints are!

### **Confession makes our will stronger.**

Every time we experience the Sacrament of Confession, God strengthens our will and our self-control to be able to resist the temptations that confront us in our lives. We become more resolute to follow God’s will and not our own whims. Going to Confession regularly will truly change your life. The words of absolution in the Confessional are truly beautiful: “I absolve you from your sins, in the name of the Father and of the Son and of the Holy Spirit.” Jesus is waiting to forgive you—all you have to do is ask! Don’t miss out any longer on the healing power of Confession.

## **The Sacrament of Reconciliation**

The Sacrament of Reconciliation is the ordinary way to have our sins forgiven. It is a powerful help to getting rid of weaknesses, growing in holiness, and leading a balanced life. The serious Catholic celebrates it regularly and whenever the need is felt in order to receive all the graces that the Lord wants to give. Monthly confession is a healthy and effective means to grow closer to Christ and more joyful and peaceful in spirit.

