

LITURGY BYTES

RECONCILIATION – Part 3



One of the comments that many of us have probably heard regarding the Sacrament of Reconciliation/Penance/Confession is, “I can just tell God my sins, and I know he forgives me.” Sound familiar? This sacrament is not an invention of the Church! Rather, it is Christ’s gift to the Church to ensure that the forgiveness He so generously extends is available to every member of the Church.

In the sacrament, we come before the merciful judgment of God and approach the Lord in sorrow, admitting where we have failed. It is in the person of Christ that the priest hears our confession. We realize that what is spoken in the confessional is in complete confidentiality. Canon law refers to this confidentiality as the *seal of confession*.

Many wonder how often they should go to confession. It is helpful to frequently think about our lives and our actions. Some do it each day before bedtime. Realizing this sacrament gives us the special gift of grace, why would we not take advantage of it on a regular basis? The graces received from this sacrament can help us to live better lives in harmony with each other. As a young person growing up, I remember being taught to go to confession before Christmas, before Easter, and once during the summer. When I was much younger, we were brought once a week. I truly think as adults, that we know when it is time to restore or to put back together that which has become separated in our lives. Reconciliation is the best medicine to accomplish this! Through this sacrament, Christ intervenes to rescue us. This is all we need to do when we miss the mark. Remember --- God never turns away from us. Perhaps it’s time for each of us to experience the healing and forgiving love of our Lord.

Have a peaceful, blessed and healthy week ahead!~*Michele Hall*