

## Scripture Reading

### A Reading from the Gospel according to John (John 20:21-23)

Again Jesus said, "Peace be with you! As the Father has sent Me, I am sending you." And with that He breathed on them and said, "Receive the Holy Spirit. If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven." The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

### Reflection ~ The greatest of miracles take place during Sacrament of Confession

**Sacramental Confession is instituted by the Lord to restore wounded and dead souls in full to their former beauty.** Jesus instituted this Sacrament immediately after His resurrection. During Confession the sanctifying grace (a sharing of the true life of God) lost by sins are restored in full to the soul. In the words of Jesus to St Faustina: *Tell souls where they are to look for solace, that is, in the Tribunal of Mercy [the Sacrament of Confession]. There the greatest miracles take place [and] are incessantly repeated. To avail oneself of this miracle, it is not necessary to go on a great pilgrimage, or to carry out some external ceremony; it suffices to come with faith to the feet of My representative and to reveal to him one's misery, and the miracle of Divine Mercy will be fully demonstrated. Were souls like a decaying corpse so that from a human standpoint there would be no [hope of] restoration and everything would already be lost, it is not so with God. The miracle of Divine Mercy restores that soul in full (#1448).* Truly, the institution of this Sacrament of Confession is a great act of mercy of God.

**Confession is an amazing personal, life-giving encounter with Jesus Himself.** In His own words to St Faustina: *Daughter, when you go to Confession, to this fountain of My mercy, the Blood and Water which came forth from My Heart always flows down upon your soul and ennoble it. Every time you go to Confession, immerse yourself entirely in My mercy, with great trust, so that I may pour the bounty of My grace upon your soul. When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest, but I myself act in your soul. Here the misery of the soul meets the God of mercy. Tell souls that from this fount of mercy souls draw graces solely with the vessel of trust. If their trust is great, there is no limit to My generosity. The torrents of grace inundate humble souls (#1602).*

**Not only is Confession the best thing for our soul but also for our mental health!** Highlighting the importance of Confession, a psychology professor once stated: *"The Catholics have it right. Confession is the best thing for mental health. It provides the sinner with a chance to voice their sins, receive absolution, be completely forgiven, and start anew. Nothing is more beneficial for mental health than this!"* What can be more comforting and reassuring than hearing with our own ears that God has fully forgiven us our sins and has given us His peace? Neither climbing the highest mountain nor diving the greatest depth nor carrying out the most rigorous penance will give us the certainty that our sins are forgiven! What is needed is simply true repentance for all our sins, humility to make a good Confession to the priest Confessor, and the firm resolution to avoid sin at all costs. With that, we have divine help and strength to continue our journey to our glorious eternal inheritance.

**Confession breaks the bondage of sin, strengthens us internally and reconciles us with God, His Church and ourselves.** Confession is more powerful against evil than exorcism. True repentance breaks the bondage of sin and imparts to us the actual graces needed to strengthen us to walk on the true path of conversion. The Enemy of our soul has less power over us once we made a good Confession. A good Confession reconciles us with God, brings about a true "spiritual resurrection", and restoration of the dignity and blessings of the life of the children of God, of which the most precious is friendship with God (cf. CCC #1468). Through it, we are also reconciled with the Church and reestablished and strengthened in the communion of saints and made stronger by the exchange of spiritual goods among all the members of the Body of Christ. We are also reconciled with ourselves in our inmost being, where we regain our innermost truth (cf. CCC #1469).

**Conversation with Jesus:** Previous Lord, through Your love and providence, You have instituted the Sacrament of Confession so that we can always be renewed from our sins by the precious Blood and Water from Your Sacred Heart during Confession. During this Sacrament, the greatest of miracles take place. Your greatest work is not the creation of the whole universe but the salvation of souls, the most precious to You in the whole of universe. The saints wept for their sins and constantly seek forgiveness of their sins. Please bestow upon us poor sinners the wisdom of the saints in understanding the gravity of sins and never hesitate to seek You constantly in this beautiful Sacrament of mercy. Mary, Mother of Salvation, pray for us. Thank You, Jesus. Praise You, Jesus. [www.twohearts.hk](http://www.twohearts.hk)