

21 Reasons To Go To Confession

1. God commanded we confess our sins in the Bible. (James 5:16)
2. It is the ordinary way to have our sins forgiven.
3. We receive grace to resist sin through the Sacrament, as well as forgiveness.
4. We learn humility by having to confess to another person.
5. There is built-in accountability.
6. Our relationship with the rest of the Church is healed.
7. We receive counsel from the priest.
8. We can be comforted hearing the words of absolution.
9. All are sins are wiped away.
10. Helps give you the strength to forgive others.
11. It doesn't cost anything.
12. We may not be positive that we have "perfect" contrition without it.
13. Helps us go deep within and think about how we can improve.
14. It feels good emotionally.
15. When we realize (again) we are sinners, it is easier to be patient with others.
16. Always confidential – what is said in the confessional stays in the confessional.
17. No more guilt.
18. We are better prepared to receive the Eucharist.
19. Forgiveness is a necessary part of growing in holiness.
20. Our consciences can be better formed.
21. If we have mortally sinned, then Confession brings us back into the family of God – The Church as well as restores sanctifying grace in our souls!

What Sin Does

Sin causes damage in a three-fold way:

1. With God
 2. With Others
 3. With Ourselves
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1. Most people easily see that sin can damage the relationship between us and God. This is why all Christians seek forgiveness of sins in some way. But, this isn't the only damage done. St. Paul tells us, in several of his letters, we are all united to God in one body of Christ – the Church.
 2. Thus, we not only damage the relationship with God, but also with other members of the Church. The *Catechism* teaches:
“Sin is before all else an offense against God, a rupture of communion with him. At the same time it damages communion with the Church. For this reason, conversion entails both God’s forgiveness and reconciliation with the Church.”
 3. The third damage caused is to ourselves. We are created for goodness and holiness. When we sin, in a sense, we become less of who we were created to be. This damage needs to be repaired also. This healing only happens when sin is forgiven.