

Three Reasons to go to Confession

Many men are embarrassed or afraid to go to confession. They avoid it as long as possible, and make excuses for not going. If that's you, here are three reasons you should go to confession as soon as possible.

1. A new beginning - No matter what you've done (think of the worst thing you could possibly do), you can find mercy and healing in the sacrament of penance. When you walk out of the confessional, you are as sin free as you will ever be. Why would you not want that gift?

Even if you haven't committed any serious sins, going to confession is like taking a bath. While they don't kill us spiritually, venial sins wound our soul and make it dirty, so to speak. Don't let your soul become smelly and dusty with venial sins. Go to confession!

2. Concrete forgiveness - Our Lord does not keep us guessing about whether or not we are forgiven. When the priest utters the words of absolution, your soul is instantly and completely healed. Sacramentally, Jesus is present in the confessional in the person of the priest. If he were here on earth, wouldn't you ask him for forgiveness? If you want to experience the Divine Mercy in a real way, confession is the way to do it.

3. You receive graces - There is a mistaken notion that confession is just getting rid of our sins. But that's not true. We not only have our sins taken away and cast into the bottom of the sea, we also receive graces from Christ that we desperately need to live a holy life. The more you go to confession, the more graces you receive.

WHAT ARE YOU WAITING FOR?

Please go to confession. While you may not always feel like it, this sacrament is a great gift. Don't let fear, guilt, or embarrassment dissuade you. Jesus is waiting in the confessional for you, and his heart longs to grant you his mercy in abundance. What are you waiting for? **Go to confession!**