

When should I go to Confession?

Jesus became a man primarily that sins could be forgiven but it is not automatic. Before ascending back to heaven He appointed the apostles to carry on His work. He told them (John 20:22-23) “Whose sins you forgive are forgiven and those you don’t are not forgiven.” It was almost as difficult to believe that God would delegate this power to men as that they should eat His Body. These two central Christian beliefs still bother many people today. Sacramental Forgiveness and Communion are in the fullness of the Church founded by Jesus.

Jesus alive in His Church commands us to confess serious sin at least once a year. Common sense says we should confess our sins regularly. Those who love God would want to make up with Him as soon as possible if they should ever offend Him. In case of serious sin we need to get to confession as soon as possible. To accidentally die in that condition would be an eternal disaster. Even small sins should never be part of us for more than a few weeks since the grace of the sacrament helps us stay away from bigger sins.

It is an insult to God to ignore His tangible offer of forgiveness through His Church. We should not tell Jesus we have a better idea.

Furthermore, it insults God to receive another Sacrament, especially Holy Communion, when we are unfit because of mortal sin. Again, Jesus alive through His Holy Church decides what is sinful. We should not, “eat from the tree of the knowledge of good and evil,” (Genesis 2:15-17) by trying to decide for ourselves what is good or bad. Trust God to do that.

Deliberately missing mass on Sunday is a mortal sin and we cannot excuse ourselves of it and go to Communion. Sex outside of marriage, even for those engaged to be married is a mortal sin, and not worth the risk of hell. The Ten Commandments are all serious matters. We have to get our morality from our Creator and not from modern sit-coms or secular social engineers.

The Sacrament of Confession is one of the greatest gifts we Catholics have. We all need to make better use of it.