March 8, 2018- The Catholic Watchmen- St. John the Baptist Catholic Church

-Go to Confession on a Monthly Basis

-Forgiveness is freeing, it is a choice, it is not easy

-Forgiveness is Christ-like- “Forgive them Father”

-Forgiveness is necessary, we all need mercy and we all need to forgive

-“It’s not a dry cleaners or a torture chamber, its Christ waiting for you as you are” Pope Francis

-“God never tires of giving us mercy. Rather we get tired of going to God for his mercy.” Pope Francis

-Sin doesn’t change God- we think it makes God angry; God loves you because you are his child, not just because you behave a certain way

-Sin is a refusal of God’s Fatherhood, we break our relationship, we turn away and become our own God, when we go to Confession we go back to the Father

-Blessing is when God gives you his own life, give blessing to others, God blesses you in Confession

-Confession is not just about forgiveness, it is about *healing*, it is a Sacrament of Healing

-Confession is meant to restore what was lost, repair the wound

-Forgiveness initiates the healing, it begins the process

-Mortal Sin is serious, deadly sin, venial sin is less serious but still a sin, need to confess mortal sins every year

-Confession is about change, need to try to change, calls for a reorientation of our life

-Need to let go of chains, wounds, sins, unforgiveness keeps us from receiving forgiveness

Prepare For Confession 7 Steps

1. What things keep growing in holiness? Addictions, temptations, challenges, habits?
2. What are the root problems that are making it hard for me to change in these areas?
3. What wounds do I have that still need healing?
4. What person, situation, or event am I still bitter or angry about and need to forgive?
5. What areas of my life have I not yet submitted to the Lordship of Christ?
6. In what ways am I unlike Jesus?
7. What one thing can I resolve to change right now, by trusting in God’s grace?

Questions for Discussion

* 1. How has the last month been?
	2. What was one thing you learned from the Talk?
	3. What is your attitude toward confession?