

# CONFESSION

Pope Francis gives us advice when we can't make a confession with a Priest during the coronavirus pandemic.

Article on <https://cruxnow.com/vatican/2020/03> titled :

*"If you can't go to confession, take your sorrow directly to God, pope says"*

'Pope Francis said: "This is the right time, the opportune moment. An act of contrition done well, and our souls will become white like the snow," on March 20 during his livestreamed morning Mass.

'The first reading at Mass March 20 was from Hosea, and it encourages people to return to the Lord with all their hearts, recognizing their sins and letting God forgive them, the pope said in his homily.

"Return to your father who is waiting for you," the pope said. "The God of tenderness will heal us; he will heal us of the many, many wounds of life and the many ugly things we have done. Each of us has our own!" God welcomes every repentant sinner with open arms, he said. "It's like going home."

'Lent is a special time "to let God wash us, purify us, to let God embrace us," the pope said, and the best place for that is the confessional.'"

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In the video of the Mass on 20 March 2020 Pope Francis said:

"Many of you go to confession before Easter to return to the Lord. Many will say to me: But Father, how can I find a priest, a confessor, if I can't leave my house? I want to make my peace with the Lord. I want him to embrace me, I want my Heavenly Daddy to embrace me. How can I do that unless I find a priest? Do what the catechism says.\* It's very clear: If you don't find a priest to go to confession, **speak to God**. He's your Father. Tell Him the truth:

Lord, I did this and this and this. Pardon me. Ask His forgiveness with all your heart, with an act of contrition, and promise Him: Afterward I will go to confession, but forgive me now. You will return to God's grace immediately."

## ACT OF CONTRITION

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.

\*"The Catechism of the Catholic Church, N. 1452, says: "When it arises from a love by which God is loved above all else, contrition is called 'perfect' -contrition of charity. Such contrition remits venial sins; it also obtains forgiveness of mortal sins if it includes the firm resolution to have recourse to sacramental confession as soon as possible."