

## Scripture Reading

### A Reading from the Gospel according to John (John 20:19-23)

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When He had said this, He showed them His hands and His side. The disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent Me, so I send you." And when He had said this, He breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained." The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

### Reflection – Confession - when the greatest of miracles takes place

**Confession, a Sacrament instituted by Christ Himself and entrusted to the Church for the forgiveness of sins.** Soon after His resurrection, Jesus instituted the Sacrament of Confession (Reconciliation) and gave divine power to the Apostles to forgive sins. The urgency with which Jesus instituted this Sacrament gives us an idea of how important this Sacrament is. Through His death on the Cross, Jesus has accomplished perfectly what the Heavenly Father decreed should be offered as a perfect sacrifice for the forgiveness of the sins of humanity. Having accomplished the act of redemption, Jesus gives divine authority to His representatives to forgive sins so that salvation can spread far and wide. Seen with the eyes of faith, sin is the **worst evil** on earth and nothing has worse consequences for sinners, for the Church and for the whole world (cf. CCC 1488).

**The power of Confession lies in the full restoration of the Sanctifying Grace lost through sins.** Sin causes us to lose our sanctifying grace. It is sanctifying grace that makes us holy because through the presence of the sanctifying grace in our souls we have a participation in the true life of God! Loss of sanctifying grace leads to the spiritual death of our soul. *For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord (Romans 6:23).* A good Confession replenishes in full all the sanctifying grace we lost through our sins. Sin not only wounds our soul but also wounds God's honor and love, our own human dignity as a person called to be a child of God, and the spiritual well-being of the Church, of which each Christian ought to be a living stone (cf. CCC 1487). Thus, through Confession, our soul regains its original purity and beauty, and our communion with God, the Church and others is restored through the amazing power of God's grace through this Sacrament.

**The greatest of miracles take place during Confession.** Through St Faustina, Jesus said: Tell souls where they are to look for solace; that is, in the Tribunal of Mercy. There the greatest miracles take place and are incessantly repeated. To avail oneself of this miracle, it is not necessary to go on a great pilgrimage or to carry out some external ceremony; it suffices to come with faith to the feet of My representative and to reveal to him one's misery, and the miracle of Divine Mercy will be fully demonstrated. Were a soul like a decaying corpse so that from a human standpoint, there would be no hope of restoration and everything would already be lost, it is not so with God. The miracle of Divine Mercy restores that soul in full (Diary, 1448).

**Peace, serenity and "spiritual resurrection".** It is impossible to have inner peace if we hold on and persist in being attached to our sins. True peace is only from God as a result of our reconciliation with God through the forgiveness of our sins. Frequent Confession prevents spiritual laziness. Frequent examination of our conscience alerts us to the presence of our sins and prevents spiritual blindness. *Gross is the heart of this people, they will hardly hear with their ears, they have closed their eyes, lest they see with their eyes and hear with their ears and understand with their heart and be converted, and I heal them (Matthew 13:15).* Through Confession, we can have a spiritual resurrection of our wounded soul. God is waiting to heal us but as long as we persist in being blind to our sins or complacent with them, He cannot do what He so desires for His children.

**Conversation with Jesus:** Precious Lord, You said: Everyone who commits sin is a slave of sin (cf. John 8:34). I choose not to be a slave of sin but through the power of Your grace, to be more than a conqueror of the evil that exists in me (cf. Romans 8:37). Help me to detest sin, a rejection of Your love, and to weep for my sins and that of others. May I never take my hard-won salvation for granted but through frequent meditation on Your Sorrowful Passion, let me gain an ever-increasing insight of the love You hold for me in Your Sacred Heart. Thank You for the precious gift of the Sacrament of Confession. Take away my spiritual laziness and apathy which numb my conscience on the gravity of sin. Help me imitate the saints in purifying my soul frequently through this wonderful Sacrament. In doing so, I will receive greater strength and graces to help in my daily battle against evil. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.