

*"Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."*  
John 20:22-23

## Scripture Reading

A Reading from the Gospel According to St. John (John 20:19-23)  
The Gift of the Sacrament of Reconciliation

On the evening of that first day of the week, when the disciples were together with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" After He said this, He showed them His hands and side. The disciples were overjoyed when they saw the Lord.

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." And with that He breathed on them and said, "Receive the Holy Spirit. If you forgive anyone his sins, they are forgiven; if you do not forgive them, they are not forgiven."

The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.



### Reflection - Confession is a Powerful Weapon Against Satan

- Peace be with you!** Peace is now possible for Christ's followers because eternal life and peace lost through sin and unfaithfulness to God have been restored by His death and resurrection. In His Provision, the Lord has a great gift for us - one that will enable Christ's apostles to be dispensers of His forgiveness - the gift of the Sacrament of Reconciliation - a powerful weapon against Satan and an indispensable help in our constant fight against sin!
- Restoration of the soul to its original beauty.** Our sinful and frail nature make us fall again and again into sin. Jesus has given us the Sacrament of Reconciliation to restore our souls to their original beauty, full of sanctifying grace which is being lost every time we sin. It is said that if we can see our soul full of sanctifying grace, we would die of ecstasy! Such is its beauty!
- What sins do to our Lord.** St. John Vianney, Patron Saint of priests said: 'It is said many confess but few are converted. I believe it is so, my children, because few confess with tears of repentance. See the misfortune is, people do not reflect. My children if we reflect how we crucify our Lord with our sins we should be seized with horror. The saints understood how great an outrage sin is against God. Some of them passed their lives in weeping for their sins.'
- What sins do to me.** Sins obstruct God's graces from reaching me. Nothing can stop God's love for me but through my own sins and infidelities I voluntarily put a distance between myself and God's graces. Just as one needs a bottle to collect rainwater, likewise one needs a heart emptied of sins and self-love to receive God's graces fully. Obstructed from receiving God's graces, my love, faith and trust in God slowly weaken. Over time without proper reflection, vigilance and the support of a steady prayer life, my conscience becomes weaker; I slowly lose the horror of what sin does to our Lord and my soul. Soon my thinking becomes no different from that of the world. Gradually, I am no longer bothered by sin and I feel less need for Jesus.

### Conversation with Jesus

Precious Lord, with all my heart, I thank You for the gift of the Sacrament of Reconciliation. It is a most precious gift and I am very much in need of it. I believe that in the Confessional, through the words of absolution uttered by the priest coupled with the sincere repentance of my sins, nothing less than a miracle takes place. My soul is rendered its original beautiful state by the rush of sanctifying grace that floods to fill it. Lord, help me never to take sins lightly. The price You paid for them is Your own Precious Blood! Give me the grace to understand how important frequent Confession is in my growth in personal holiness. Lord, give me a great desire for personal holiness. Mary, Protectress of the Faith, keep my heart pure for Jesus. Thank You, Jesus. Praise You, Jesus.

You may keep this if you wish.