

Why not go back to your
hall after supper or dinner
by way of the Grotto?

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Confessions after supper
in Basement Chapel every
evening.

Objections To Frequent Confession.

"I'm not committing mortal sins. Why should I go to confession every ten days or two weeks as suggested by the Mission preacher?"

Reply: The State can pardon a criminal. But when the criminal steps up for his release papers, the State cannot restore the youth and vigor the man lost by ten years or more of imprisonment brought about by his violation of law. The pardon that Christ gives through the Sacrament of Penance has wonderful restorative effects.

Here is your trouble. You think confession is nothing more than a laundry, a special cleaning works where your sin-stained soul is washed of its guilt, and that's all. This is a one-sided view. Christ does more for the soul than simply forgive the sinner, great as that action is. Don't forget that you bring your soul to the confessional to have Christ work in it. In every confession Christ Himself uproots some of the habit formed by repeated sin; He strengthens the will; He deepens one's sorrow and gives the penitent greater determination to avoid a repetition of his sin. The man who steps out of the confessional is not the same man who went in. He's different. He is not so weak as before, and some of the power of his bad habits has been removed.

Even venial sins leave their mark on the soul. They weaken one's spiritual powers. Even one venial sin adds a sluggishness to the soul. Every absolution of the priest truly brings the Divine Physician to the soul. He repairs even the slightest injury done by sin and restores lost energies.

By remaining away from confession for a long period, you run the risk of becoming infected by sin, at least by a number of venial sins. You have built a wall between yourself and mortal sin. By frequent confession, you will make that wall more impregnable.

Sometimes I have no sins to confess when I go to confession. What should I do in this case?

Reply: Above all, don't stay away from confession until you commit a sin. Go at your regular time. The priest can give you absolution for the confession of past sin. In preparing for this confession, pick out a sin of your past for which you wish to express particular sorrow once more, like fits of anger at home, intemperance that led to immodesty with others, laziness in schoolwork. In the confessional simply say: "Father, I cannot recall having sinned since my last confession. But I am sorry for all my sins, especially _____."

Frequent confession, along with frequent Communion, will enlighten you. You will soon see petty weaknesses you had been overlooking. Sin sort of blinds us to little infidelities to grace. In time you will see yourself more clearly, and you will want to confess not only sinful actions, but also selfish motives and lost opportunities to practice charity.

The Pope Speaks About Confession.

In 1943 the Holy Father wrote a letter to all Catholics in the world. In one section of that encyclical, he chides those who make light of frequent confession, and he informs priests about to begin their ministry to promote the practice of frequent confession. "We wish the pious practice of frequent confession to be earnestly advocated. Not without the inspiration of the Holy Spirit was this practice introduced into the Church. By it genuine self-knowledge is increased, Christian humility grows, bad habits are corrected, spiritual neglect and tepidity are conquered, the conscience is purified, the will strengthened, a salutary self-control is attained and grace is increased....."