

Why I Am Catholic

The Sacrament of Reconciliation.

I did list this as a reason before, but I am allowed to mention something more than once. And one of the great blessings of this sacrament is we can receive it on a regular basis.

It is sad that some Catholics do not see this as a **necessary** sacrament. They either are uncomfortable or don't see the huge benefits of the forgiveness of our sins.

The *Catechism of the Catholic Church* states that: "Penance requires. . . the sinner to endure all things willingly, be contrite of heart, confess with the lips, and practice complete humility and fruitful satisfaction." (1450) It further states that: "Among the penitent's acts contrition occupies first place. Contrition is 'sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again.'" (1451)

Dr. Karl Menninger, a leader in the mental health field, wrote a book entitled "Whatever Became of Sin?" (1973), that describes the reasons why many do not see a need for this sacrament. Many don't see what they've done as sinful. They don't have the same list of sins Jesus does. And they either don't believe they have to go to confession or don't see any value.

"Sin is before all else an offense against God, a rupture of communion with him. At the same time it damages communion with the Church. For this reason conversion entails both God's forgiveness and reconciliation with the Church. . ." (1440) "In imparting to his apostles his own power to forgive sins the Lord also gave them the authority to reconcile sinners with the Church." (1444) "Each of the faithful is bound by an obligation faithfully to confess serious sins at least once a year." (1457)

What are serious sins? More than murder and adultery. Willfully missing mass on Sunday or a Holy Day of Obligation is considered a serious sin. Willfully committing any sin elevates it to a serious sin. If I know it's a sin and commit the sin without a sincere attempt to resist the temptation, it's serious.

Come celebrate and thank our Lord for the gift and grace of the Sacrament of Reconciliation.