

**OUR MEANS OF RECONCILING WITH GOD**

**From the time Adam and Eve exercised their free will to choose to disobey God, man has had the need for forgiveness. We all have fallen short of the high expectations that the Lord has for all of His children, allowing sin to overcome us again and again. Sin separates us from our Heavenly Father, but fortunately He has provided us with a means of reconciling with Him through the Sacrament of Holy Confession. Since Confession is such an important part of the Lenten season, let us take a closer look at this Mystery Of the Church.**

**Confession entails much more than merely listing and expressing some degree of sorrow for our sins. Before coming to Confession, it is necessary for us to examine our conscience - we must sincerely search our souls and determine where we have strayed from the path God has charted for us. Our confession must be an honest attempt to admit the many ways we have transgressed God's Laws. Certainly, our All-knowing God cannot be fooled! For the Grace of God to truly enter us through the Sacrament of Confession, however, we must experience a real feeling of REPENTANCE. Repentance literally means "to change." Confession must bring about a change in our lifestyle. Confessing out sinful ways is one thing . . . casting aside and walking away from our sinful deeds is another matter entirely!**

**During the Great Fast, may we all avail ourselves to the wonderful opportunity the Church gives us to "make things right" with the Lord, through the Sacrament of Holy Confession. Seek out the spiritual help this Sacrament provides.**