

RCIA Corner

Overcoming anxiety about Confession

Charlotte Wiley

One week prior to returning to full communion with the Catholic Church, I was to receive the Sacrament of Reconciliation. Yikes! Years ago, I'm sure you could have heard me say, regarding Confession, 'I don't need to confess my sins to anyone, much less a priest!' But today, having studied, understood, and experienced the meaning of this sacrament, I have an entirely different opinion!



How can I explain what a gift Confession truly is? Its very title speaks of healing and peace: reconciliation. That's what I experienced upon sharing, face to face, for the first time in over 40 years, my life's sins — to Fr. Robert! It was a healing, sanctifying moment for me, and one that continues to refresh my heart and soul on a continual basis.

A bonus to this sacrament is that it has created a spiritual desire and determination in me to avoid sin. It's motivating to stay as clear from sin as possible because this sacrament is so sacred. The priest has the anointing of the Holy Spirit to absolve sins, because he represents Jesus Christ Himself, as Christ Himself, through him, absolves us. I find Confession to be a most healing and peaceful experience.

Read and share this and other stories at chnetwork.org/converts

Reflection Questions

1. What are your expectations regarding the Sacrament of Confession?
2. Why do you think God has chosen to minister his forgiveness in this way?
3. How do you plan to prioritize Confession in your new life as a Catholic?

Jesus said to them again, "Peace be with you. As the Father has sent me, even so I send you." And when he had said this, he breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.

John 20:21-23

~~~~~  
"The confession of evil works is the first beginning of good works."

**-St. Augustine**



Helping others to discover the truth and beauty of the Catholic Church and to make the journey home.

Find more resources at:  
[chnetwork.org/RCIA](http://chnetwork.org/RCIA)

### Suggested Further Reading

