



## CONFESSING OUR SINS

According to the Laws of the Catholic Church we need to confess our sins at least once a year. But why do we need to do that? Because we have to cleanse our souls. Confession is the telling of our sins to a duly authorized priest, for the purpose of obtaining forgiveness. This is also known as the Sacrament of Penance. St. Augustine defined sin as something said, done or desired contrary to the eternal law (law of God).

How are we going to confess our sins? Here's how: Asked for a priest on your parish who will listen to your confessions and will give you penance. In confessing your sins you should be sincere and remember all the sins that you need to confess. The sins that you need to confess are mortal sins and venial sins.

Mortal sins are the most serious and grave sins. It destroys the grace of God in the heart of the sinner. By their very grave nature, a mortal sin cuts our relationship off from God and turns man away from his creator.

Mortal sins cannot be done "accidentally." A person who commits a mortal sin is one who knows that their sin is wrong, but still deliberately commits the sin anyway. This means that mortal sins are "premeditated" by the sinner and thus are truly a rejection of God's law and love.

The second type of sin, venial sin that of less grave matter does not cut us off from Christ. However, venial sin does weaken grace in the soul and damages our relationship with God. A person who frequently indulges in venial sin is very likely to collapse into mortal sin if they persist in their evil ways.

Before going to confessions you must examine yourself on what kind of sins that you have done. You always have to ask yourself if you violate any rules in Ten Commandments, and if you have hurt someone intentionally or even unintentionally.

Always review the Ten Commandments as your guide on where you commit mistakes. Also there are Seven Capital sins that you have to consider these are: pride which unrestrained appreciation of our own worth, greed or immoderate desire for earthly goods, lust or longing for impure pleasures, anger or inordinate desire for revenge, gluttony or unrestrained use of food and drink, envy or sorrow over another's good fortune and sloth or laxity in keeping the Faith and the practice of virtue, due to the effort involved.

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