



CHECK OUT THE CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT CONFESSION CCC 1423-1424



MATTHEW 3:1-12

# PREPARE THE WAY FOR THE LORD

"Confession is a place of victory!"  
Fr Mike Schmitz

DO YOU FIND IT DIFFICULT TO ADMIT WHEN YOU'RE WRONG?  
DO YOU FIND IT HARD TO GO TO CONFESSION? WHY DO YOU THINK THAT IS?  
SHARE WITH ANOTHER PERSON IF YOU ARE HAPPY TO.



WHAT KIND OF THINGS MAKE IT DIFFICULT FOR PEOPLE TO GO TO CONFESSION?

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WHAT DO YOU IMAGINE CONFESSION IS LIKE FROM A PRIEST'S PERSPECTIVE?

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WATCH THIS VIDEO FROM FR MIKE SCHMITZ, "CONFESSION IS A PLACE OF VICTORY" (ASCENSION PRESENTS) AND REFLECT ON THE QUESTIONS THAT FOLLOW



Fr Mike describes confession as **"one of the most joyful, humble and inspiring places in the world"**. Does this surprise you? Why (or why not)?

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## THREE THINGS THE PRIEST SEES IN CONFESSION:

### 1. THE COSTLY MERCY OF GOD IN ACTION.



People who are **discouraged** being \_\_\_\_\_

People who are **wounded** being \_\_\_\_\_

People who are **lost** being \_\_\_\_\_

People who are t \_\_\_\_\_

People saying: "I'm not going to give up on the God who won't \_\_\_\_\_"

### 2. THE HUMAN PERSON, PART OF GOD'S MASTERPIECE.

Fr Mike says sins are like \_\_\_\_\_. That means that priests are like God's \_\_\_\_\_ collectors!

"Sins are boring". What is fascinating / memorable is the \_\_\_\_\_



### 3. THE PRIEST'S OWN SOUL AND HIS OWN HEART.

Sometimes a priest will recognise something in their own life when they hear another confess it. It can act as an examination of \_\_\_\_\_ for the priest himself.



# PREPARE THE WAY OF THE LORD

MATTHEW 3:1-12



Fr Mike's father was a surgeon who saved lives and healed bodies. What did he say his son (Fr Mike) would do with his priest's hands?

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## CONFESSION IS A PLACE OF VICTORY.

THE PRIEST HEARING CONFESSIONS GETS TO SEE GOD WINNING HIS CHILDREN BACK, EVERY SINGLE DAY!

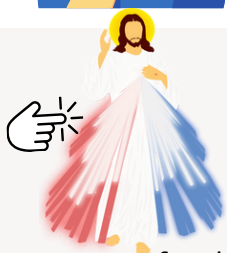


Has this video changed / added to your understanding of confession in any way? What struck you the most from Fr Mike's explanation?

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## Now Read Matthew 3:1-12



In this Gospel passage, we hear about Jesus' cousin, John the Baptist, who lived a radical and unconventional lifestyle in response to a personal call by God to prepare the way for the Messiah. John understood that a genuine conversion of heart would be necessary to really accept the Messiah' message. He wanted people to repent and believe, to prepare a way for the Messiah. Can you imagine how someone like John the Baptist would be viewed in today's world? Do you think his message is still relevant today? In the Catholic tradition, one of the most beautiful and healing sacraments is the Sacrament of Reconciliation or Confession. It is a chance to take stock of our lives, see what is going well and not so well, see what is hindering us from drawing close to God and what we need forgiveness for. God's mercy is freely available to us. He doesn't just offer to mend our broken hearts: He puts a new heart in us each time we go to confession, and strengthens us so we can follow the path to Heaven again!



### MISSION!

TAKE SOME TIME OVER THE NEXT FEW DAYS OR WEEKS TO MAKE A GOOD EXAMINATION OF CONSCIENCE. ASK THE HOLY SPIRIT TO GUIDE YOU AS YOU TRY TO REMEMBER ANY AREAS OF YOUR LIFE WHERE YOU FAILED IN YOUR RELATIONSHIP WITH GOD, OTHERS OR YOURSELF; TIMES WHERE YOU FAILED TO SHOW LOVE OR DELIBERATELY IGNORED GOD'S WILL OR GUIDANCE FOR YOUR LIFE. FIND OUT WHEN YOUR LOCAL CHURCH HAS CONFESSIONS AND DECIDE TO GO. YOU CAN PRAY FOR THE PRIEST IN ADVANCE TOO!



### PRAYER TIME!

#### ACT OF SORROW:

O my God, I thank you for loving me. I am sorry for all my sins; for not loving others and not loving You. Help me to live like Jesus and not sin again. Amen




## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON FORGIVENESS AND HEALING




- [From the Inside Out \(Hillsong\)](#)
- [All who are thirsty \(Brenton Brown\)](#)
- [Prepare the Way \(Charlie Hall\)](#)
- [Here's my heart Lord \(David Crowder\)](#)
- [Thank You \(Jesus Army\)](#)
- [Misericordias Domini \(Taize\)](#)
- [Lord have mercy \(MW Smith\)](#)
- [O Come to the Altar \(Elevation Worship\)](#)

Click the links for the YouTube videos to listen to some suggestions!



 Making a Good Confession  
Fr Mike Schmitz  
7:10 MINS

 How do I go to Confession? ODB Films  
4:28 MINS

 Examination of Conscience  
(NET USA)

 The Chosen: Jesus forgives Mary Magdalen Scene  
3:07 MINS