

WAYPOINT

Week 9 – Confession - Points from the talk (5/18/22):

**Step Four: Made a searching and fearless moral inventory of ourselves & entry into
Step Five: Admit to God, to ourselves, and to another human being**

- **Sacrament of Healing (CCC)**
 - Ex 15:26
 - *“I am the Lord, your healer”*
 - Mal 4:2
 - *“The sun of Justice will come with healing in its rays. You shall go forth leaping like calves from the stall”*
 - Catechism of the Catholic Church (1431)
 - *“a radical re-orientation of our whole lives”*
 - Orient = land of the rising of the sun
- **Searching and Fearless**
 - Rooting out presumptuous sins!
 - Psalm 19:12-13
 - *“who can discern his errors? Clear thou me from hidden faults. Keep back thy servant also from presumptuous sins; let them not have dominion over me!”*
- **Life in the Holy Spirit**
 - Psalm 51:6
 - *“Behold, thou desirest truth in the inward being; therefore teach me wisdom in my secret heart.”*
 - Hosea 4:19
 - *“A wind has wrapped them in its wings, and they shall be ashamed because of their altars.”*
 - John 16:7-8
 - *“I will send him to you. And when he comes he will convince the world of sin”*
 - Eph 4:30
 - *“Do not grieve the Holy Spirit of God”*
- **Contrition**
 - Acts 2:37
 - *“when they heard this they were cut to the heart”*
 - Catechism
 - *“This conversion of heart is accompanied by a salutary pain and sadness which the Fathers called ‘animi cruciatus’ (affliction of spirit)”*

- **Confession**

- Catechism (1456)

- *“if the sick person is to ashamed to show his wound to the doctor, the medicine cannot heal what it does not know.”*
 - BB gun story
 - Leviticus 5:5 (Lev 26:40; Num 5:5; Dan 9:4, 20; Lam 1:16-21; Bar 1)
 - *“When a man is guilty in any way of these, he shall confess the sin he has committed and he shall bring his guilt offering to the Lord for his sins.”*
 - Yadah = to confess, cast, throw
 - Throw up and out, physical act of renunciation in time and space. We then walk away from it.
 - Psalm 32:5
 - *“I acknowledged my sin to thee, and I did not hide my iniquity; I said, ‘I will confess my transgressions to the Lord’; then thou didst forgive the guilt of my sin”*
 - Proverbs 28:13
 - *“He who conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.”*
 - James 5:16
 - *“Confess your sins to one another”*

- **Jesus’s look of infinite mercy** (CCC 1429; cf. Lk 22:61)

Week 9 - Discussion Questions:

1. Do you think we realize how deeply hurting and wounded we really are from our own sins and those of others? We may know it intellectually, but do we really feel the full weight of the effects of sin in the world?
2. Do we think of God more as a Moral Disciplinarian or as a Spiritual Comforter? How can we reconcile these two aspects and combine them?
3. How do you feel when you emerge from Confession? Why does it feel that way?
4. What is our ultimate motivation for confessing? Personal relief and the consolation of the Holy Spirit? An earnest desire to repair any harm done to our friendship with the Lord?
5. Why do we need to confess to someone else along with God and not just to God by himself?

Closing Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.