

Holy Mystery of Reconciliation- Confession

God forgives our sins and cleanses us from our trespasses, when we confess to God in the presence of the priest, with humility and contrite hearts. St. Athanasius the Great said, “As the Baptized is enlightened by the grace of the Holy Spirit, by means of the priest, the repentant is granted forgiveness of his sins by the grace of Christ, also through the priest.”



A prolific spiritual writer, Saint Theophan the Recluse, relates the following story: “There was a youth who was greatly saddened because of his numerous sins. Once in grief he fell asleep. And there, in his dream, as if out of the sky, he saw coming down an Angel. The heavenly visitor slit open his chest with a knife, took out his heart, cut it into pieces, and removed from it all the spoiled and corrupt parts. Then he carefully replaced the heart in its original spot, and finally healed the wound as well. The youth awakened and felt cleansed of all his sins. He was so happy that God had accepted his repentance in such a sudden and unexpected way and relieved him from this unbearable burden. In truth, wouldn’t it be good,” asks Bishop Theophan, “if we could experience a similar healing from a light-bearing Angel!” And such an Angel is available to us. It resides in the healing Grace of our Redeemer which operates through repentance in the Mystery of Confession!



Confession is not an incomprehensible custom which must be observed for some unknown reason. It is a tremendously important and necessary means of our moral recovery and correction. A person who avoids confession can be compared to one who has a physical ailment and, while aware that there is medicine available for this ailment's treatment, does not use the medicine out of laziness and carelessness and in this way allows his condition to deteriorate.

-Fr. Sergius Chetverikov