



# Saint Josemaria Escriva

Founder of Opus Dei

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## Sacramental Confession

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### **Let it out!**

Sincerity is indispensable if we are to achieve greater union with God. If you have an ugly "toad" inside you, my son, let it out! As I have always advised you, the first thing you must mention is what you wouldn't like anybody to know. Once the "toad" has been let out in Confession -- how well one feels.

*The Forge, 193*

### **A real miracle of God's Love**

Forward, no matter what happens! Cling tightly to Our Lord's hand and remember that God does not lose battles. If you should stray from him for any reason, react with the humility that will lead you to begin again and again; to play the role of the prodigal son every day, and even repeatedly during the twenty-four hours of the same day; to correct your contrite heart in Confession, which is a real miracle of God's Love. In this wonderful Sacrament Our Lord cleanses your soul and fills you with joy and strength to prevent you from giving up the fight, and to help you keep returning to God unwearied, when everything seems black. In addition, the Mother of God, who is also our Mother, watches over you with motherly care, guiding your every step.

*Friends of God, 214*

### **God comes out to meet and forgive us.**

For a Christian, joy is a treasure. Only by offending God do we lose it, because sin is the fruit of selfishness, and selfishness is the root of sadness. Even then, a bit of joy survives under the debris of our soul: the knowledge that neither God nor his Mother can ever forget us. If we repent, if an act of sorrow springs from our heart, if we purify ourselves in the holy sacrament of penance, God comes out to meet and forgive us. Then there can be no sadness whatsoever. Then there is every right "to rejoice, because your brother was dead and has come back to life, was lost and has been found (St. Luke 15:32)."

*Christ Is Passing By, 178*

## **A divine dialogue**

Sacramental confession is not a human but a divine dialogue. It is a tribunal of divine justice and especially of mercy, with a loving judge who “has no pleasure in the death of the wicked; I desire that the wicked turn back from his way and live.”

(Ezek 18:23)

*Christ Is Passing By, 78*

“Blessed be God” you said to yourself after having finished your sacramental confession. And you thought: it is as if I had just been born again.

You then continued calmly: “*Domine, quid me vis facere?* -Lord, what would you have me do?”

And you yourself came up with the reply: “By the help of your grace I will let nothing and no one come between me and the fulfillment of your most Holy Will: *Serviam* - I will serve you unconditionally.”

*The Forge, 238*

## **God’s forgiveness**

You wrote to tell me that you have at last gone to confession and that you experienced the humiliation of having to open the sewer - that is what you say - of your life to “a man”.

When will you get rid of that feeling of vain self-esteem? You will then go to confession happy to show yourself as you are to “that man”, who, being anointed, is another Christ - Christ himself - and gives you absolution, God’s forgiveness.

*Furrow, 45*