

BENEFITS OF FREQUENT CONFESSION

- o True knowledge of self is increased.
- o Christian humility grows.
- o Bad habits are weakened and eventually destroyed.
- o Spiritual indifference and lukewarmness are resisted.
- o Conscience is purified.
- o The will is strengthened in its commitment to God.
- o Sound spiritual guidance is obtained.
- o Friendship with God is deepened by the sacrament's action within us.

(Pius XII, *Mystici Corporis*, 1943, n.88).

When the priest gives you absolution, put all worry aside and enjoy the peace of Christ