

WHY CONFESSION?

Sin goes against the way of God. Every time we sin, we hurt the Triune God, the Sacred Heart of Jesus, and give evil more authority to be in our surrounds and to hold us in bondage. When we go to the Sacrament of Confession (Penance or Reconciliation), God's graces strengthen in us and we are released from our captivity by being delivered from our bondage to evil.

As Jesus instructed his Apostles, his first bishops and priests, in John 20:23, *"Whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained,"* so he continues the same call today in his Catholic Church:

"My son priests are my representatives, my instruments inside the confession box but I, your Jesus Christ, I am the one whom absolves my children. I am there, invisible, to absolve your sins. I am very loving towards my children. I am not there to judge them but only to absolve them. What I desire while I am there in Confession with my children, I desire for you, my children, to confess everything with a contrite heart. Tell me all your sins from your mouth. Don't hide them because of embarrassment or shyness. I know each one of your sins. Confess it all in front of my son priest, then I will absolve all your sins. Oh, my dear little ones, I am your Jesus Christ. I am your Saviour. Come and do the Sacrament of Reconciliation. You don't know when it's going to be your last breath on earth. Come, let go of all your old baggage. I can dissolve everything with my love, my absolution. I do a complete cleansing in your home, your house, surroundings. Don't leave for tomorrow what you can clean today. Tomorrow belongs to me, your Jesus Christ. For you it might be too late. Use the time being given to you for free." (Jesus Christ to Fernanda de Sequeira on 22/07/2017)

In John 14, Jesus teaches us that if we love him, we must obey all of his commandments. If we do this, he will abide in us, will answer all our prayers and reveal himself to us. This is his promise to all without exception. However, very few take up the offer and then wonder why they can't love like Jesus and aren't filled with the fruits of the Holy Spirit. These fruits include charity (love), joy, peace, patience, kindness, goodness, longanimity, mildness, faith, modesty, continency and

chastity (Galatians 5:22–23). To love like Jesus is to be patient, kind, without envy; not perverse, puffed up, ambitious or selfish; not provoked to anger; to think no evil nor rejoice in iniquity, but to rejoice in truth, bearing, believing, hoping for and enduring all things (1 Corinthians 13).

Confession removes the stains of sin, the bondage to evil, from your body, mind, soul and spirit – freeing you to be the person whom you were created to be, filled with God's Spirit of love, so that you, too, can love like Jesus, in his image.

CAN ANYONE GO TO CONFESSION?

Jesus Christ died for everyone without exception: he has no favourites. He desires all of his children, irrespective of their religious denomination, to come to Confession without hesitation because it will give them more graces to come to his Sacred Heart, to full conversion in his Church. Tomorrow may not be another day.

WHAT SHOULD I DO IN CONFESSION?

Bless yourself by making the Sign of the Cross and saying, *"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."*

Then say, *"Bless me, Father, for I have sinned. It has been ... state approximate period ... since my last Confession."*

Confess your sins, noting that you are talking to Jesus through the priest, so speak with contrition and humility in your heart. When you are finished, the priest may offer advice and will then give you your penance. This is usually a prayer to say in reparation for your sins, sometimes with an act of reparation. In closing, the priest will ask you to say an Act of Contrition, which can be said as follows: *"O my God, I am heartily sorry for having offended and hurt you. With the help of your grace, I firmly resolve to do penance, to sin no more and to avoid occasions of sin. Amen."*

The priest will then say a prayer of absolution and absolve you of your sins. After exiting the confessional, remember to do your penance.

In order to stay in a state of grace, try and go to the Sacrament of Penance each week, and don't leave it for more than a month. In God's words, *"Such as I love, I rebuke and chastise. Be zealous therefore, and do penance."* (Revelation 3:19)

SPIRITUAL LAWS

The Sacrament of Confession terrifies demons because there they witness our contrition and they lose their authority over us. To facilitate our healing, we need to be aware of the spiritual laws regarding the nature of sin, some of which are:

Always forgive your enemies and do not hold onto resentment, bitterness or anger, otherwise your Father will not forgive you your sins (Matthew 6:15).

Never blame others for your sins or try to justify them: this shows a lack of contrition. State your part in your sin with humility and sufficient explanation to remove any legal authority Satan may claim on you.

Confess all of your sins, even if they happened many years ago, because you don't want to have cleanse yourself of these in eternity. There, the purification is much harsher than on earth.

Be specific in confessing your sins and the details thereof, because Satan is legalistic and will hold you in bondage as a result of your unconfessed sins. This makes it easier for him to tempt, lure and trap you. Often there is more than one sin in a specific act, so don't be surprised on your journey of purification if the Holy Spirit makes you revisit partially confessed sins.

Don't curse yourself or others because this has severe spiritual consequences. As Jesus explains in Matthew 5:22, this includes calling someone a fool or an idiot. If you have done this, revoke the curse with contrition, then the evil spirits to which you gave authority to implement those curses, will have to leave.

Make reparation for your sins wherever you can. Apologise for your error. Don't expect an apology from those who have hurt you – instead, bless them and pray for them. If you have been involved in witchcraft, remove and burn all demonically infested items and say deliverance prayers, sprinkling holy water and salt on the infested areas.

A sin of the mind is still a sin, even if not acted on, which includes entertaining judgemental, devious or lustful thoughts.

Ignorant or innocent participation in sin must be confessed. This will remove any demonic bondage from you as a result of being exposed to this evil.

Sins in dreams must be taken to Confession. If you find yourself trapped in a sin in a dream, without having a choice to engage, or you are blinded to the sin in the dream, it is because Satan still has you in bondage through some unconfessed sin(s) in this area. Unconfessed sins give Satan authority to place you in that sinful scene or reenact a variant thereof. The "actors" in these dreams are evil spirits that come disguised as whomever they choose. Ask the Holy Spirit to guide you in identifying the unconfessed sin(s).

Overtly strong temptations in your mind are a result of unconfessed sins in that area.

You are a temple of the Holy Spirit, so, if you are in a state of grace, evil spirits will not have authority to place obtrusive imagery or strong temptations in your mind. If this does happen, ask the Holy Spirit to help you to identify your unconfessed sin(s).

If you lack any one of the fruits of the Holy Spirit, it means you are in bondage to evil. Pray to the Holy Spirit to bring what is in the dark to the light, to show you which past unconfessed sins are responsible for this behaviour. The Seven Sorrows Rosary as a novena will also help in this regard.

Go to Confession regularly, pray the Rosary daily, go to Mass daily if possible, read the Bible, do works of mercy, and become the saint you were created to be.

THE TEN COMMANDMENTS

God's commandments are clarified in the New Testament and through the teachings of the Catholic Church, which Jesus founded. The list below is not exhaustive but serves as a good starting point in understanding the nature of sin.

1. I am the Lord your God: thou shalt have no strange gods before me, thou shalt not make to thyself a graven thing, nor adore them, nor serve them

Have you:

- Worshipped false gods or idols, meditated on strange words, done yoga (the postures give honour to false gods) or put money and other worldly things before God?
- Practised false religions?
- Sought healing with fortune-tellers, mediums, diviners, false prophets, sangomas, hypnotists, reiki and other new-age "spiritual" healers?

- Used muti, potions, salts, oils, incense, powders, animal blood, hairs, bones, dolls etc. from sorcerers or false healers?
- Entered any diabolic contracts for protection, wealth, fame or other causes?
- Housed graven imagery or statues of false gods, idols, dragons, devils, witches, wizards, cult symbols etc.?
- Played demonic games such as Ouija boards, glassy glassy and Charlie Charlie?
- Worn superstitious items, including lucky charms, evil eyes and amulets?
- Entertained evil in books, SVL-rated shows or music?
- Consumed foods or drinks subject to rituals, offerings or prayers to strange gods?
- Glorified evil by participating in Halloween?

2. Thou shalt not take the name of the Lord thy God in vain

Have you:

- Used Jesus or God's name in vain?
- Blasphemed the Body of Christ, which includes the Catholic Church, his seven Sacraments, our Blessed Mother Mary and the heavenly saints?

3. Remember that thou keep holy the Lord's Day

Have you:

- Missed or been late for Holy Mass on Sunday, behaved irreverently and not focused on Jesus in Mass?
- Received the Body and Blood of Jesus Christ unworthily?
- Dressed disrespectfully for Mass?

4. Honour thy father and thy mother

Have you:

- Ignored, disrespected, neglected or not forgiven your parents for their faults?

5. Thou shall not kill

Have you:

- Been complicit in killing someone? This includes being involved in or promoting euthanasia, violence or war.
- Supported or had an abortion? A child is born at conception, so "after sex" pills do not prevent pregnancies but instead, they abort babies. Artificial insemination also results in spontaneous abortions.
- Killed in the spirit by cursing, mocking or using witchcraft against someone? This includes harbouring malice, spite and vengeance.

- Killed your own spirit by cursing yourself, wallowing in self-pity or considering suicide?
- Defiled your body by getting drunk, high on drugs, smoking poisons (such as nicotine) or being gluttonous? This includes mutilating yourself or marking yourself with tattoos.

6. Thou shalt not commit adultery

Have you:

- Had sexual contact outside of the Sacrament of Marriage, in action or in thought?
- Brought the evil spirit of lust into your marriage, which instead of purity of sexual contact, brings contraception, oral sex, masturbation, anal sex, sexual stimulants, adulterous thoughts and fantasy lust?
- Engaged in pornography, strip clubs, orgies, homosexuality, prostitution, incest, molestation, rape or bestiality?
- Dressed immodestly to attract lustful eyes?

7. Thou shalt not steal

Have you:

- Taken something that is not yours?
- Disinherited someone?
- Overcharged for services, paid unfair wages or evaded tax?
- Bought or sold stolen goods?
- Cut corners or been lazy at work?
- Exploited the poor and spiritually weak?
- Damaged or polluted public property, including the environment?

8. Thou shalt not bear false witness against thy neighbour

Have you:

- Falsely accused, defamed, misrepresented or gossiped about someone?
- Been dishonest in any way?

9. Thou shall not covet thy neighbour's wife (husband)

Have you:

- Desired, looked lustfully at, imagined yourself with a married person, or compared your spouse to others?

10. Thou shalt not covet anything that is thou neighbour's

Have you:

- Been envious or jealous? Has this led to the sins of arrogance or vanity, seeking power and status, trying to put yourself above others, or having self-pity and not counting your blessings?

DON'T DELAY COMING TO CONFESSION

Jesus Christ summarises the importance of Confession in our lives:

"Confession brings healing in my children's lives – it is a beautiful medicine, to heal their brokenness, their hurts, pains, sorrows, illnesses from the body, soul and spirit..."

My children sin constantly through the mouth, the tongue, thoughts; through their acts of their daily lives. There is so much sin in my children's daily lives. Oh, many times my children say that they have forgiven their brothers and sisters in Jesus Christ, families, loved ones, but from their hearts they haven't forgiven: only from their mouths. When my children bring their sins to Confession, repentance and reconciliation with a contrite heart, oh, what a beautiful Book of Heaven: all is being cleared in that [black] book. Oh, my children must bring all their anger, unforgiveness, resentments and bitterness to a true reconciliation in Confession...

My dear children, they must clear their consciences, their souls while on this earth because in eternity if that book is not blank, oh, what a sorry suffering they will have in eternity. Prayers, Rosaries, Holy Masses for them one day in eternity is their only hope, but most of them, they don't have anyone to pray for them. They must clear all here on earth while there is time to do it. Time is very precious to be wasted. Be prepared at all times because death is like a thief that comes without advising you: it takes you by surprise.

Listen to this, my call. Don't take this message for granted. I am your Jesus Christ of Nazareth, your Saviour who endured excruciating pains for you, for your salvation. Receive my love, my peace being given to you. This is the only true peace of the Father the Son and the Holy Spirit. Amen." (Jesus Christ to Fernanda de Sequeira on 25/07/2017)

READ AN AUTHENTIC BIBLE

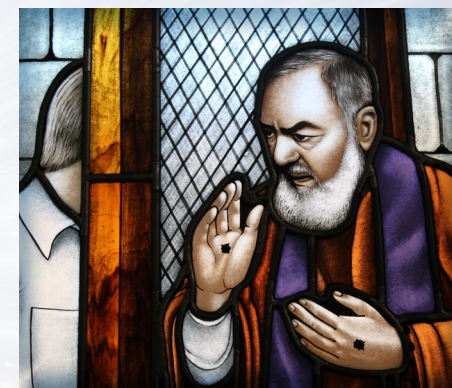
The Council of Trent declared the Latin Vulgate as the authentic Word of God. Direct translations thereof, such as the Douay-Rheims Bible, affirm the true nature of sin and God's call to do Penance.



For more information, visit the **Resources** section of www.alpha-omega.org.za

COME TO THE SACRAMENT OF CONFESSION

Be released from your captivity and become the saint you were created to be!



"He that hideth his sins, shall not prosper: but he that shall confess, and forsake them, shall obtain mercy." (Proverbs 28:13)

"And the priest shall pray for him and for his sin before the Lord, and he shall have mercy on him, and the sin shall be forgiven." (Leviticus 19:22, cf. James 5:14–16)

"And that penance and remission of sins should be preached in his name, unto all nations, beginning at Jerusalem." (Luke 24:47)

"But all things are of God, who hath reconciled us to himself by Christ; and hath given to us the ministry of reconciliation." (2 Corinthians 5:18)