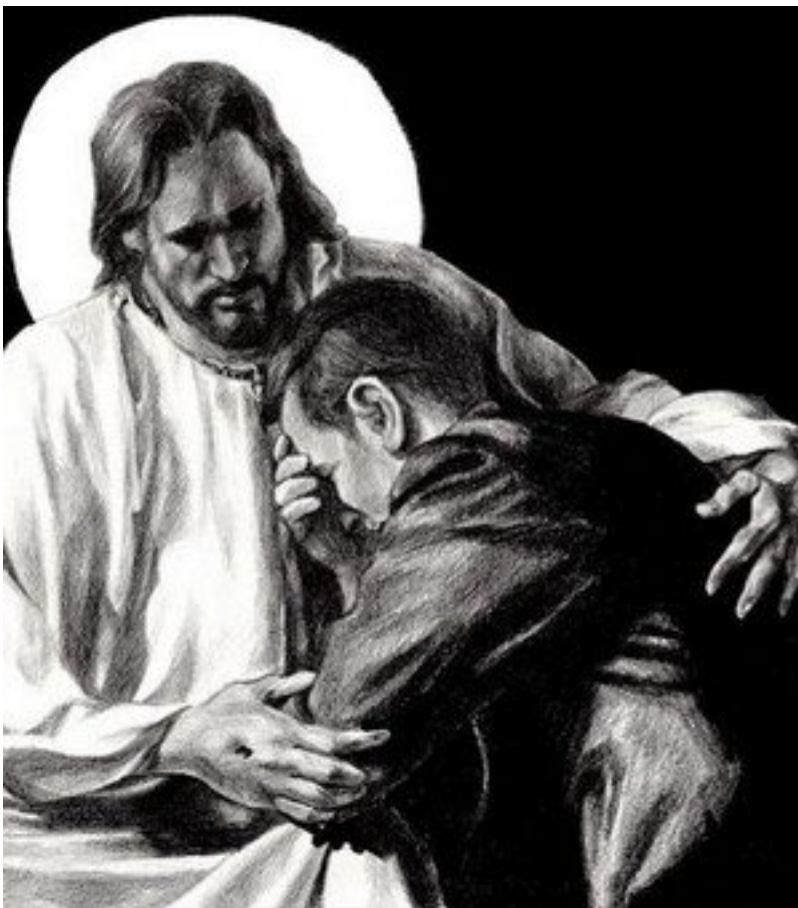


## **The Mystery and the Reality of what happens in Confession**

The Catechism tells us that a good confession brings about a true "spiritual resurrection" within us — Easter morning for the soul.

Jesus taught St. Faustina, the saint of the Divine Mercy, that even if our hearts are as dead from sin as a lifeless corpse, still, the miraculous power of Divine Mercy, that flows through this sacrament, can restore that soul completely to new life, and fresh hope.

The graces of healing that flow from this sacrament are truly amazing. In the Diary that Faustina kept of all that Jesus said to her, entry 1602 records that Jesus spoke of Confession as a personal, life-giving encounter with Jesus Himself:



**"...Daughter, when you go to Confession, to this fountain of My Mercy, the Blood and Water which came forth from My Heart always flows down upon your soul and ennoble it. Every time you go to Confession, immerse yourself entirely in My Mercy, with great trust, so that I may pour the bounty of My Grace upon your soul.**

**When you approach the confessional, know this, that I Myself am waiting there for you. I am only hidden by the priest, but I myself act in your soul. Here the misery of the soul meets the God of Mercy. . ."**