

Ten memorable quotes by Pope Francis about why Catholics should go to confession:

1. “Confession helps people feel shame for the wrong they have done and embraces them with God’s love so that they know they are forgiven and can go out strengthened in the battle to avoid sin in the future.”
2. “But if a person, whether a layperson, priest or sister, goes to confession and converts, the Lord forgives. And when the Lord forgives, he forgets. This is important.”
3. “The confessional is not a dry cleaners, a business of sorts that’s just washes out the stain of sin.”
4. “...when the door starts closing a bit because of our weakness and sins, confession reopens it.”
5. “I can’t be baptized two or three or four times, but I can go to confession, and when I go to confession, I renew that grace of baptism.”
6. “It’s not a torture chamber where you’ll be raked over the coals.”
7. “Confession is an encounter with Jesus whose mercy motivates us to do better.”
8. “It’s not a psychiatric session that neglects the question of sin, or a mental email to God that avoids the face-to-face encounter with the Lord through the priest.”
9. “The sincere and humble admission of one’s weaknesses, of having ‘a sliver of Satan in my flesh,’ shows that the power of salvation comes from God, not oneself.”
10. Confession “is going to praise God, because I – the sinner – have been saved by him, who always waits and always forgives with tenderness.”