

## Pope Francis on the Sacrament of Reconciliation

**“Each of us needs to confess our own sins, our own failings, our own hypocrisy. It requires getting off the pedestal and being immersed in the water of repentance... Perhaps we look at others from top to bottom, thinking that we are better than them, that we have our lives under control, that we don’t need God, or the Church, or our brothers or sisters on a daily basis. We forget that in one case it is legitimate to look down on someone else: when it is necessary to help them get up. This is the only case; the others are not legitimate.”**

*Pope Francis*

~Angelus December 4, 2022



**“Confessing to a priest is a way of putting my life into the hands and heart of someone else, someone who in that moment acts in the name of Jesus. It’s a way to be and authentic: we face the facts by looking at another person and not in the mirror.... It is true that I can talk to the Lord and ask him for forgiveness, implore him. And the Lord will forgive me immediately. But it is important that I go to confession, that I sit in front of a priest who embodies Jesus, that I kneel before Mother Church, called to dispense the mercy of Christ. There is an objectivity in this gesture of genuflection before the priest; it becomes the vehicle through which grace reaches and heals me.”**

*Pope Francis*