

What to do at this time, when is not possible to go to Confession?

"It's very clear, says Pope Francis: if you don't find a priest to hear your Confession, talk with God, He is your Father, and tell Him the truth: 'Lord, I've done this, and that, and that . . . I'm sorry,'" and ask Him for forgiveness with all your heart, with the Act of Contrition and promise Him: "Afterwards I will go to Confession, but forgive me now." (Pope Francis, from a Homily given at his Daily Mass, March 19, 2020)

The Catechism of the Catholic Church says:

"Where the individual faithful find themselves in the painful impossibility of receiving sacramental absolution, it should be remembered that perfect contrition, coming from the love of God, beloved above all things, expressed by a sincere request for forgiveness (that which the penitent is at present able to express) and accompanied by *votum confessionis*, that is, by the firm resolution to have recourse, as soon as possible, to sacramental confession, obtains forgiveness of sins, even mortal ones (cf. CCC, no. 1452)." (*Note from the Apostolic Penitentiary on the Sacrament of Reconciliation in the current pandemic*, 3.20.2020)

Perfect contrition requires:

- * the love of God.
- * the sincere desire for forgiveness.
- * the ardent commitment to receive the sacrament of reconciliation when available.