

# Season of Lent ~ Week Four

---

## **Pray**

**Lord, you who opened the ears of the deaf and the eyes of the blind, let me hear your words of forgiveness; let me see and believe in the possibility of a better life. Amen.**



## **Introduction - Biblical Foundations: Sin, Mercy, and the Sacrament of Confession**

Have you ever wondered, “Where is that in the Bible?!” When it comes to the Sacrament of Reconciliation, Catholics and non-Catholics alike often want to know how confessing our sins to a priest lines up with Scripture passages such as “Who can forgive sins but God alone?” (Mark 2:7).

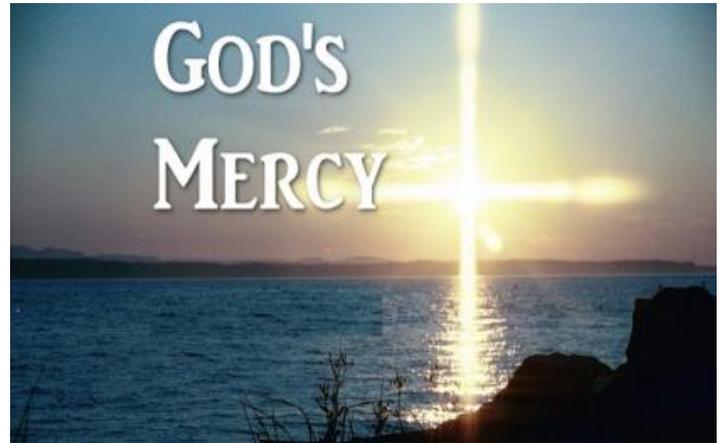
Confession has its roots in God’s revelation of his mercy as well as his authority in Scripture—and a closer look quickly shows just how biblical this sacrament really is.

## **Reflection - Biblical Foundations: Sin, Mercy, and the Sacrament of Confession**

In the last session we took a closer look at what we say and do in Confession. We have examined this sacrament from the point of view of both the priest and the penitent, but two foundational questions still remain: What is the scriptural background for the Sacrament of Reconciliation?

And why did Christ choose to offer his forgiveness through the ministry of the priesthood?

Scripture shows us that we can have total confidence in God's merciful love and in the reality of his forgiveness. God doesn't just discount or ignore our sins—he completely wipes them away. There is no limit to his forgiveness. And our confidence comes not just from our own faith, but through the gift of hearing God himself speak through the ministry of the priesthood when we hear the words of absolution.



## **Video**

### ***Forgiven: The Transforming Power of Confession Session 4: Biblical Foundations: Sin, Mercy, and the Sacrament of Confession***

*Watch the video episode on Formed ~ Session 4 : Biblical Foundations: Sin, Mercy, and the Sacrament of Confession". To Access the video: log onto [www.formed.org](http://www.formed.org) and register for a free account.*

To access the video: log onto [www.formed.org](http://www.formed.org)

- Click "**sign up**" to register for a **free** account.
- Choose "sign up as a parishioner."
- Create a new account either enter Canton Catholic Community (1860 Washington St.) or enter 02021.

It is easy to register, you simply use your email address and create a password. Once on the Formed site: **Go to the "Programs" tab at the top of the page and choose "The Sacraments" from the drop down and select the program "Forgiven."**

## ***Meditation***

Make Me Holy

<https://youtu.be/YR0QKyKNgZw>

## ***Responding to God's Grace***

This week spend time with God in prayer.

Use the resource below for a reflection on the Sacrament and a guide to Confession, and visit [formed.org](http://formed.org) for additional content and reflections.

**LORD is my Fortress!**

This is a cry of gratitude because God delivered David from his enemies. We, too, can take comfort and be assured that God is our strength and protection. I can take comfort and stand strong and firm in Him. Therefore, He is worthy of our praise. We can give Him our love and gratitude. David recounts how he was saved us from so many overwhelming certainties of hurt and death. Outside of His protection, you and I will be overwhelmed and useless. Thank God that Christ is with the Christian now; we have our help and security.

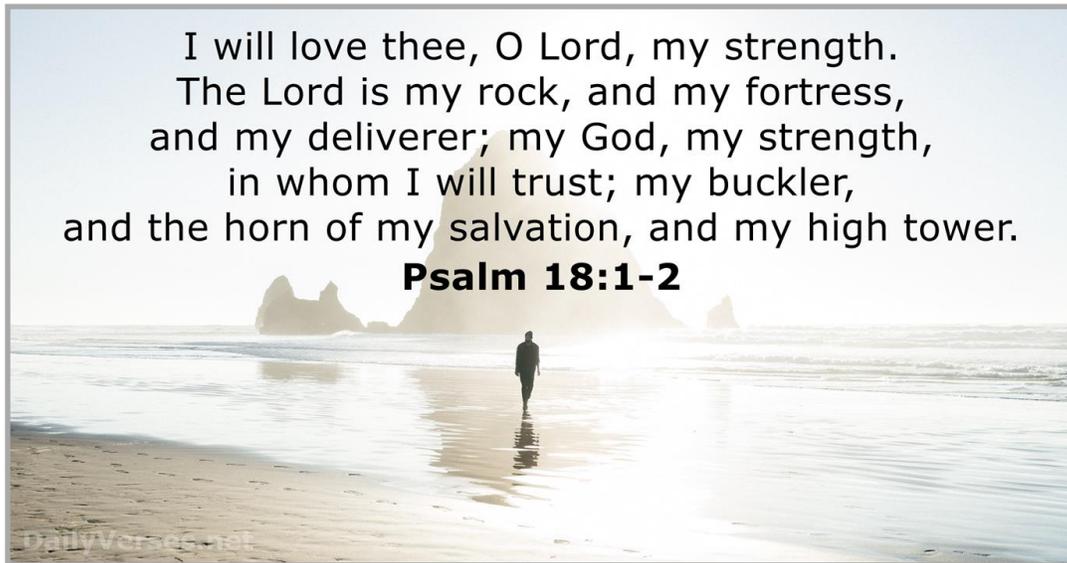
Therefore, when we are in distress and all we see is despair, we can call upon and trust in our Lord God. David continues, "I have seen Him work in ways that confound the mind and my enemies." Take note: many times our foes and obstacles that are ahead of us will seem impossible; but, our God makes a way in His rightness.

Do not turn away from God or forsake Him in any way. Rather, stand firm in Him, be faithful and blameless. Be humble. In so doing, be willing and deserving of His Work in you. Let God work, see what He can do, and remember the world is flawed while God is flawless. Allow Him to be your shield, not your fears or sin or bad choices. Allow His rescue, receive His salvation and work in us. In Him, our lives will be victorious.

Prayerfully consider,

**How has Christ brought you through tough times?**

**How do these words of our Lord, my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge; comfort you?**



Content contains excerpts from the [formed.org](https://formed.org) Forgiven Study Guide.  
Please visit [formed.org](https://formed.org) for the complete content and workbook.

*"Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold." Psalm 18:2*