

St. Isidore of Seville: Confession heals

In his *Synonyma* or *On the Lamentations of a Sinful Soul* (53), St. Isidore of Seville states: "Confession heals, confession justifies, confession grants pardon of sin. All hope consists in confession. In confession is found the place of mercy. Believe, therefore, most certainly, and in no way hesitate, in no way doubt, and by no means despair of the mercy of God. Have hope in confession, have faith in it. Do not despair of this remedy of spiritual health. And do not despair in your healing, so long as you desire to turn to better things."

Catechism of the Catholic Church

1449 The formula of absolution used in the Latin Church expresses the essential elements of this sacrament: the Father of mercies is the source of all forgiveness. He effects the reconciliation of sinners through the Passover of his Son and the gift of his Spirit, through the prayer and ministry of the Church:

God, the Father of mercies,
through the death and the resurrection of his Son
has reconciled the world to himself
and sent the Holy Spirit among us
for the forgiveness of sins;
through the ministry of the Church
may God give you pardon and peace,
and I absolve you from your sins in the name of the Father, and of the Son and of
the Holy Spirit.

1470 In this sacrament, the sinner, placing himself before the merciful judgment of God, *anticipates* in a certain way *the judgment* to which he will be subjected at the end of his earthly life. For it is now, in this life, that we are offered the choice between life and death, and it is only by the road of conversion that we can enter the Kingdom, from which one is excluded by grave sin. In converting to Christ through penance and faith, the sinner passes from death to life and "does not come into judgment."