

**SPECIAL COMMENTARY:**  
**HOW TO MAKE A MORE PERFECT CONFESSION**

*By a soul*

*(January 15, 2019, Feast of Our Lady of Prompt Succor)*

Dear My Beloved Friends,

I am excited to be able to share with you all the best practices that the Holy Spirit has guided me on concerning the Sacrament of Reconciliation (Confession) during the past several years. My hope is that by providing you all with this information that the Body of Christ will experience healing and so the apostasy currently taking place in Holy Mother Church will be halted as knowledge of how to make a perfect confession becomes known. I hope that you will take all that I say to heart so that reparation to the Most Sacred Heart of Our Lord, Jesus Christ, can take place, as well as purification of your own souls so as to prepare yourself for final divine union with Our Lord one day in Heaven.

The grace that I am able to tell you all these things is firstly, attributed to Our Lady and Blessed Imelda Lambertini, Patron Saint of First Communicants, as well as generally, to the Communion of Saints. It is the hope of Our Lord that the healing of the Catholic Church will be the Miracle needed to elevate Blessed Imelda to Sainthood in Holy Mother Church.

And so, let me say firstly, that everything that I recommend is in addition to all the general practices taught about making a good confession by Holy Mother Church. I am not adding any instructions for priests to follow as this Sacrament was instituted in a proper way by Our Lord and developed properly by Our Beloved Catholic Church. However, what I am revealing is all the sins that remain unaccounted for by most people when they take part in Confession. Because these sins remain unconfessed, reparation is not fully made to Our Lord's Most Sacred Heart and the need for Divine Justice grows as all these sins increase unabated and unchecked. This is why Our Blessed Mother weeps so much for Her dear Son whose Ultimate Sacrifice at Calvary is set aside due to ignorance and other causes for poor confessions. So, I am lifting the veil sorta speak to help people to understand how to make a good confession—may I even say a perfect confession, which will place them in a purer state of grace before God so as to grow in personal holiness and love of Our Lord.

So, let me begin.

On **August 6, 1982 (Feast of the Transfiguration)**, Our Lady of Medjugorje said:

“One must invite people to go to Confession each month, especially the first Saturday. Here, I have not spoken about it yet. I have invited people to frequent Confession. I will give you yet some concrete messages for our time. Be patient because the time has not yet come. Do what I have told you. They are numerous who do not observe it. Monthly Confession will be a remedy for the Church in the West. One must convey this message to the West.”

Now, Our Lady said that monthly Confession will be a remedy for the Catholic Church in the West. However, I want to invite all people to more frequent Confession—I attend 2-3 times a month to maintain a purer soul and for those who are under demonic oppression should attend weekly so as to break the demonic chains that bind them to satan. However, at a minimum, everyone must attend Confession monthly so as to receive the necessary graces that Our Lord desires to give them through this Sacrament. It is important.

Right now, there is a current crisis of the faith in the Church in the West. Much of it has to do with sodomy in addition to other mortal sins. This is now the time that Our Lady of Medjugorje spoke of monthly Confession being the remedy—the healing balm for the Church. The proper utilization of the Sacrament of Reconciliation is critical for the restoration of the Catholic faith.

Now, the first sins that I confess is that I break the Two Great Commandments. What are the Two Great Commandments?

**(Gospel of Matthew, Chapter 22, Verses 34-40)**

When the Pharisees heard that Jesus had silenced the Sadducees, they assembled in a body; and one of them, a lawyer, in an attempt to trip Him up, asked Him, “Teacher, which commandment of the law is the greatest?”

Jesus said to him, “You shall love the Lord your God with your whole heart, with your whole soul, and with all your mind. This is the greatest and first commandment. The second is like it: You shall love your neighbor as yourself. On these two commandments the whole law is based, and the prophets as well.”

Now, at first, it was hard, because I do Confession face-to-face and having a priest look at me while I confess breaking the First Great Commandment was a bit embarrassing. But, I felt compelled to do this, because honestly, I strive to have the perfect love that casts out fear and to be perfect as Our Heavenly Father. **(See 1 John 4:18 and Matthew 5:48)**. Doing this is not about having scruples (feeling excessive guilt for sins), but

about striving to love God as best I can while knowing that I fall short most of the time, because I am a sinner. This is about humbling ourselves to know that we are not perfect individuals before God. And so, these are the words I say that I open up my Confession with:

**“Forgive me, father, it has been   (time-frame)   since my last confession. Here is a list of my sins:**

**1) not loving God with all my heart, mind, strength, and soul”**

Now, I need to point out here, I always prepare for the Sacrament of Reconciliation ahead of time by creating a typed list of my sins. I review the Ten Commandments as my guide. Creating a list ahead of time actually makes my Confession pass by really quick and makes sure that I do not forget anything. And so, I suggest this for everyone, so lines for Confessionals can go by quicker for priests' valuable time.

Then, the next sin that I confess is the second part of the Two Great Commandments—lack of charity towards my fellow brothers and sisters.

A major sin of omission that most people are not confessing is their participation in societal sins. Yes, in the Sacrament of Reconciliation, every person is supposed to confess only their individual sins. But, every person is also responsible in charity for their fellow brothers and sisters in error. If Christians do not pray or do other acts everyday to prevent societal sins, then they are contributing to the moral degeneration of their communities, societies, and nations. This is why societies are collapsing so much in different countries throughout the world. Christians are failing to acknowledge their part—their communal sins—before God for reconciliation. And so, to restore society, we must repent before God and ask for His forgiveness. Otherwise, the need for Divine Justice through chastisements grows and grows.

I always confess my part in societal sins at every Confession that I attend. This also, at first, was hard for me to do as I felt embarrassed before the priest. But, I started first by confessing my contribution to the sin of abortion. Then, over time, the Holy Spirit taught me to confess other collective sins like sodomy and failure to pray for the clergy, etc.

Here is how I confess my participation in societal sins:

**“2) lacking charity in my heart; not doing everything I could, especially in prayer, for the plight of the unborn babies, the less fortunate, to prevent sodomy, to support the clergy and for restoration of Holy Mother Church, to relieve the poor souls in Purgatory, for righteous government leaders, for the sick and the dying, for**

**strengthening of family life, and for those wishing me and others harm.”**

Now, as I review the Ten Commandments, here are other sins that I sometimes confess:

- not praying everyday as I should be; indulging in distractions while in prayer
- not adequately preparing spiritually in advance for Holy Mass
- being late to Holy Mass
- not keeping the Sabbath holy by eating out, shopping, and doing other activities that detract from honoring God on Sunday

**NOTE:** Whenever I miss Sunday Mass or a Holy Day of Obligation, I literally run to the next available day and time for the Sacrament of Reconciliation—even if I have to attend a different Catholic parish for the first available Confession day. I never approach Our Lord, Jesus Christ, in Holy Communion with any slightest stain of sin for breaking the Third Commandment by missing Holy Mass—even if I was sick or there was some type of emergency. I am really strict on myself on keeping the Third Commandment, because it is the easiest way—at least for me—to fall into mortal sin. And because I love Jesus so much, I never approach Him in Holy Communion taking Him for granted that I might be “alright” because I was sick, etc. I just do not take a chance on my soul.

- **indulging in bad, negative, and lustful thoughts**

**NOTE:** I always confess my bad thoughts. The thing is, everyone has bad thoughts—it is impossible to escape thinking throughout our day and satan is always tempting us in our mind with bad, negative, and even lustful thoughts. And well, rather than speculate to myself, did I indulge in this bad thought or that lustful thought, etc., because there is such a fine line when it comes to indulging in a thought or not in regards to temptation, so to make sure that my confession is good before God, I confess generally all my bad, negative, and lustful thoughts.

However, confessing generally my bad, negative, and lustful thoughts does not replace the need to confess specifically, mortal sins like pornography, etc., and thoughts against God, like atheism, belief in abortion, etc., or addictions, etc. People need to use their better judgment before God to know what mortal sins are that need to be specifically confessed. But, in general, almost everyone goes throughout their day with bad thoughts in their head given to them by satan and other demons. And since sin can be committed by thought alone, I generally confess all my bad, negative, and lustful thoughts, so I can obtain the necessary graces from God to fight the good fight by training my mind. By doing this practice regularly, I have gained great peace of mind over time and it has helped me with my discernment between knowing the difference between good and evil. Because the origin of all sin first begins in the mind.

Here are some other sins that are noteworthy to confess if they apply to you:

- adopting an argumentative spirit with others
- not taking better care of my tongue; adopting a bad tone of voice with others
- lacking patience with others and their weaknesses

**NOTE:** These are only a few of some of the sins that I have recently confessed and I am working on. Although these days, I do not have more graver sins, I am trying to conquer different evil spirits that are trying to attach themselves to my own spirit as I strive for greater personal holiness.

Now, I know that a question will come up from readers, but since these sins all seem like venial sins (not mortal sins), why do we need to confess them at all? If we are in a state of grace and receive worthily Holy Communion, do not all these venial sins get washed away by God? What is the point of this?

Well, that is the difference between spending time in Purgatory after we die and going straight to Heaven as a saint. When we go to Confession, we receive special graces to help us conquer our bad habits and venial sins, that does not necessarily happen through reception of the Most Holy Eucharist. Yes, the guilt of our venial sins is taken away in Holy Communion, but not the penance due. We are pardoned, but we still need to do penance for all the bad repercussions of committing these sins before God and neighbor. Also, if you have any desire to attain the highest level of Heaven for all eternity—the highest state of beatific joy and divine union with God, you must gain mastery over yourself and conquer everything that is preventing full loving union with God.

One time, St. Faustina of Divine Mercy, was told by God that if she died at the moment, she would have to suffer two days in Purgatory for one venial sin. *Oh, My Sweet Jesus, my dear friends*, I have mystically suffered the pains of Purgatory twice in my life. These are personal accounts that I shared publicly on my blog, ***MaryRefugeOfHolyLove***, and in other writings. The worse pain was feeling the deprivation (loss) of God in my soul that the poor souls feel all the time. It was the worse pain that I have ever suffered in my life—and I have broken bones before and almost died once. But, the spiritual pain I felt in my soul knowing that God truly existed but that I could not be with him—that I was separated from Him due to my faults—my sins—was devastating for me. I was going out of my mind. I went through the motions of my day that I normally would, but all I wanted to do was sit on a stool before the Blessed Sacrament and cry for the rest of my life. It was so spiritually painful.

*My dear friends*, yes, it is good that you are saved and have Purgatory as an option, but

*my beloved readers*, you do not want this. Trust me, you want to go straight to Heaven. Strive for this. It is the best option for you.

Finally, we as Christians need to make reparation to the Most Sacred Heart of Our Lord, Jesus Christ, for all the sins of the world. The best way to make reparation starts first with us as Christians seeking Our Lord's forgiveness in the Sacrament of Reconciliation. What better way to appease the grieving and anguished Most Sacred Heart of Jesus for sin but through Confession? This is the surest, direct, and most concise path that Our Lord desires for us to take to lessen and mitigate the coming chastisements that are due to our sins according to Divine Justice.

We must adopt a better practice to the Sacrament of Reconciliation. We must strive to make more perfect Confessions.

Now, there are two other items that I must discuss before I close this love-letter on Confession. These two items are important discoveries that I found out about the Sacrament of Reconciliation.

The first discovery that I found out about Confession is its true value as a healing sacrament in Holy Mother Church. All my life, I have suffered from horrible nightmares and when I returned to Holy Mother Church at the age of 24 years old due to the intercession of the Blessed Mother (Holy Virgin Mary), all the nightmares became demonic. These nightmares would involve murder, rape, etc., and other sinful situations. Well, one day, I spoke to a kindly priest who was at the time at my parish and asked him if I could offer up my nightmares regularly in Confession for healing and he agreed to my request. Because, simply put, having nightmares almost every night of a good portion of my life was so disturbing to me, because the nature of what I would dream about would be so opposite to the person that I desired to be—a good and righteous person before God.

And so, I began to offer up my nightmares regularly in Confession while I continued to work on myself trying to overcome my sins. And *my beloved friends*, do you know what I discovered? My nightmares began to lessen and lessen over time as I used the Confessional for healing. Then, it got to a point where it was like clockwork—about 3-4 weeks would pass with no nightmares and then, at a month's passage, the nightmares would return. Then, I would go to Confession and they would disappear. Over a couple of years, this experience happened to me. Month after month, when the nightmares returned, I knew it was time for my monthly Confession.

I realized that the amount of sins on my soul were acting as a portal for demons to attack me in nightmares. Even if all my sins were lesser venial sins, just the sheer mass of them collecting on my soul was acting as an open invitation for demons to attack me in

my sleep. These days, I do not experience the disturbing nightmares that plagued me my whole life. These days, I attend Confession 2-3 times a month, but even when I attend Confession once a month, I do not experience the nightmares like those that happened to me years ago. However, the nature of demonic attacks have become more sophisticated for me as I work on my personal holiness. Yes, I will get attacked by demons in my sleep but in a different way from passive disturbing nightmares. But, that is a level of advanced spiritual warfare than is beyond the scope of this love-letter. Just simply know, that if any of you are suffering from nightmares of any kind, the Sacrament of Reconciliation is the healing balm that you need to become whole in your mind, body, and spirit.

The second discovery that I found involving Confession is the way not to feel excessive guilt for sin (scruples). Let me explain. One of the traps of satan is to make people think that God has not truly forgiven them for their sins. Now, in this love-letter, I have spoken about asking for forgiveness of repeat sins—for example, communal sins and sinful habits. These things are good to confess over and over, because you are striving to overcome your bad tendencies and weaknesses. So, you need the helping graces from the Sacrament to master yourself and also, to reduce the penance due to the repercussions of committing sin that harms yourself, harms others, and offends God. So, it is a healthy thing to confess these venial sins—these sinful habits—as a continuing act of humility as you strive for greater holiness before God. It is only in this way, that you can achieve a deeper union with Him in your heart.

However, what is not healthy is confessing over and over again sins that have already been confessed in the past. You should only be confessing sins that occurred since your last confession before a priest. You need to be forgiving of yourself and accept God's Mercy towards your actions. Now, when I returned to Holy Mother Church in 2003, one of my mental struggles was that I had never had First Confession with a priest before, as the only Sacrament that I had was Baptism. So, I had a lot of sins on my soul to account for. Well, after I confessed to a priest the major sins that I could recall at the time, it always haunted me the idea that I had forgotten some major sin from my past. I would regularly confess to a priest, but I could not accept completely God's Mercy for my former sinful life.

Finally, in May 2008, I approached a priest at my parish and asked if I could confess my whole life before him. So over three separate one hour sessions, I confessed my whole life with him. I would confess my life as a story to him and he would ask me questions. Then, at the end, he prayed deliverance prayers over me to break various sinful ties that I had to satan. And when I confessed my whole life, it was like a huge heavy weight was lifted from me. I felt tremendous peace in my soul having felt that I had said everything that I needed to in order to say sorry to God for sins in my life.

It was liberating.

Now, I recommend making general life confessions to everyone. However, I also know that the time of priests is valuable and perhaps, not everyone needs a general life confession. But, the reason I share that story is because afterwards, satan tried to make me start feeling guilty about not being forgiven for all my past sins by God. And so, that scrupulous mentality started to come back. But then, I had an epiphany. I discovered how to disarm satan so effectively that I no longer feel any guilt for my past forgiven sins.

I learned that I must confess generally all my forgotten sins and sins of omission in every Confession that I make. It is only in this way that satan no longer has any hold over me in guilt for the past. It is only in this way that I learned how to be truly accepting of God's Mercy for myself.

Here is what I say at the end of every Confession that I make:

***Finally, father, forgive me for any forgotten sins and sins of omission. Amen.***

The words that I just wrote is what I consider the most important words of my confession. Because, truly, I am only a sinner and my memory is imperfect. But, I want to be righteous before God. I want to truly know in my heart that I have been forgiven by God for all my sins at Confession. Truly, it is only by saying those words at the end of every Confession that I have continuing peace of mind and peace of my soul. That I know that I have accounted for everything that I needed to say sorry to God for in that confession. Blessed Be God for this precious Sacrament.

*Peace be with you, dear children of God.*

*I love you all.*

*—a soul*