

# Living Faith – Episode 2

## Mass & Confession

Infinite grace is available in every Mass and confession.

Sacraments are ways God majorly helps us out - massive rivers flowing from God to you.

### **PART 1 – The Mass**

This is the greatest privilege, greatest thing we can ever take part of on this earth.

*Objectively* – Jesus is worshiping the Father, the Father is receiving the gift from His Son.

*Subjective* – our experience of that.

An infinite amount of grace is being released at the Mass, but if our heart is not open, not have the right posture we won't receive it. Ex. Thimble & Niagra Falls.

The more we open ourselves, the more we can expand our hearts & receive more.

- What can we do to participate better at Mass? 1. Be there 2. Prepare 3. Pray
- 4 ends (purpose) of the Mass: Adoration Thanksgiving Atonement Petition

If the people of the world knew what it was – we wouldn't be able to get a seat at Mass.

### **PART TWO – Confession**

St. Teresa of Avila "The Interior Castle" – The big thing: getting sin out of our life

To move closer to God, we need to mover further away from sin.

Sacrament of Reconciliation is an incredible gift –

- Bring our dark into light & feel his love
- Forgive sins
- Grace to not to sin again

Regular attendance - monthly

Mortal sin – kills the life of God in our soul.

It can be difficult, embarrassing, humbling, need to be vulnerable.

God knows what we need, we can trust him.

By going to confession we make Jesus' sacrifice on the cross worth while.

Infinite grace is available – need to be open to it.

How to make best confession:

1. Examine our conscience
2. Take responsibility
3. Stir up contrition
4. Firm purpose of amendment
5. Pray – hatred of our sin, for priest, your penance