

# Living Faith – Episode 2

## Mass & Confession

There is infinite grace available in every Mass and confession, but our subjective experience may not reflect this objective reality.

The Sacraments are ways God majorly helps us out.

They are massive rivers flowing from God / heaven to you.

The focus of this episode is unlocking more grace from Mass and confession.

### **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, 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

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

4 ends (purpose) of the Mass:

1. Adoration

2. Thanksgiving

3. Atonement

4. Petition

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### **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 move 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