Confession Conclusion

We should add, though, that going to Confession too frequently out of scrupulosity is not helpful to the penitent, nor is it the intention of the sacrament. Scrupulosity may be defined as seeing sin where there is no sin at all but rather, say, a simple fault; or, seeing mortal sin when, in reality, it is a venial sin. Indeed, scruples can stunt one's growth in the spiritual life. Don't be your own savior — let Jesus Christ be your Savior.

So there you have it: "Nine Chief Benefits of Confession." Know them, love them, defend them and share them. While Catholics may stay away from the Sacrament of Confession for a variety of reasons and others may partake of the sacrament more regularly and frequently, many people in these categories probably don't know or realize its wonderful, specific benefits; they would be good to be reminded. This topic could serve as a wonderful point of evangelization for the Sacrament of Confession to help revive its regular reception — say, once a month — in a broken and wounded world.