

## PERFECT CONTRITION

For some it is impossible to make it to church to receive the Sacrament of Penance and Reconciliation during these days of the Coronavirus pandemic. This is understandable. Yet, there is the sincere desire to receive this gift of the Lord's mercy in this Sacrament. Perfect Contrition provides a way to receive the forgiveness of the Lord until there is the opportunity for confession. Please see below for a description of Perfect Contrition:

*Where the individual faithful find themselves in the painful impossibility of receiving sacramental absolution, it should be remembered that perfect contrition, coming from the love of God, beloved above all things, expressed by a sincere request for forgiveness (that which the penitent is at present able to express) and accompanied by votum confessionis, that is, by the firm resolution to have recourse, as soon as possible, to sacramental confession, obtains forgiveness of sins, even mortal ones (cf. CCC, no. 1452).*

*Thus, perfect contrition requires • the love of God • the sincere desire for forgiveness • the ardent commitment to receive the sacrament of reconciliation when available.*