

Lecture 6: Redemption/Confession

(The liberation of man from sin)

1. The domination of sin over humanity
 - a. Review of Genesis 3:1-13
 - i. God placed His divine Life (grace) in the souls of Adam and Eve
 1. This indwelling presence was to be passed on to their children
 - ii. Through sin they cast away the divine presence for themselves and for us
 - iii. A river polluted at its head pollutes the whole river
 1. Our first parents transmitted to us a human nature deprived of grace
 2. We would be born not children of God, but children of wrath (Eph 2:3)
 - a. Think back to last class, on the seven deadly sins
 - b. Key elements in the Story
 - i. Adam's sin is one of disobedience through lack of trust
 - ii. Adam and Eve encounter the devil in the Garden
 - iii. Eat the fruit of the Tree
 1. This act brings with it a Curse
 - a. in toil you shall... (v. 17)
 - b. suffering enters the world
 - c. Thorns and thistles it shall bring forth to you (v. 18)
 - d. in the Sweat of your face, you shall eat bread till you return to the ground (v. 19)
 - iv. Death makes its entrance into human history
 1. St. Paul: the wages of sin is death (Rm. 6: 23)
 2. The loss of the Holy Spirit causes:
 - a. spiritual death: loss of grace=death of the soul
 - b. physical death
2. Redemption: Out of His infinite love and mercy for each one of us the Son of God became man to save us from our sins and the wages of our sins: eternal death
 - a. How does Christ save us? Key elements:
 - i. Gal. 3:13: Christ redeemed us from the Curse of the law, having become a curse for us – for it is written, Cursed be everyone who hangs on a Tree – that in Christ Jesus the blessing of Abraham might come upon the Gentiles, that we might receive the promise of the Spirit through faith.
 1. As he takes on the weight of our sins, he takes on the Curse
 - ii. Accepts the Father's will in Obedience: "Father, not my will but Thine be done."
 - iii. Goes into a Garden – the garden of Gethsemane
 1. There, he encounters the Devil, who has entered into Judas to betray him

2. Sweats blood
3. Soldiers place a crown of Thorns upon his head.
4. Takes on our Suffering and Toil
- iv. Scourged at the pillar, beaten, mocked by the soldiers and bears the Cross for us
 - v. Takes Death upon himself: goes to the Cross and dies for us
 - vi. Point by Point he substitutes his Love and Obedience of all of our Disobedience and Refusal to Love
- b. Mankind is unable to drag itself up out of its own slavery, poverty, and death: the hold of sin is too strong
 - i. So God comes himself, to recreate the world
 - ii. Quote from the Passion: “See, Mother, I make all things new.”
 - iii. We’ve made us mess of everything, so God comes down, as Our Lord Jesus Christ, and he remakes it all
 1. 2 Cor 5:17: “So whoever is in Christ is a new creation; the old things have passed away, behold, new things have come.”
 - iv. Now, death is a consequence of sin: all who have sinned will die eternally, but Jesus Christ is God, and sinless
 1. Therefore, death cannot hold Him
 2. By virtue of the life that is in him he rises on the third day, conquering death in Himself
 3. But how do you and I share in His victory over sin and death?
 - a. I need his divine sinless life dwelling in me
 - b. We conquer death by becoming One Flesh with Christ, by having His Life, His Spirit dwell in our soul before we die
- c. The side of Adam and the side of Christ
 - i. Gen. 2:21-22
 1. God casts Adam into a deep sleep (lit. “coma” or “sleeping death”)
 2. From this sleeping death God opens the side of Adam and takes rib to form Eve, Adam’s bride, and as Scripture tells us, the two become one flesh
 - ii. John 19:34
 1. St. John tells us that as He stood before the Cross and the soldier pierced the side of Christ as He slept the sleep of death, Water and Blood came out
 2. What does the Water and Blood signify?
 - a. CCC 766: Signifies the Bride of Christ, which is the Church
 3. Just as Adam’s bride came from his side, So the Bride of Christ comes from the open side of Our Lord
 4. CCC 1225 the Blood and Water also signify the Sacraments of the Church

5. Jesus pours his divine sinless life, Grace, into our souls through the sacraments of Baptism and the Eucharist and the other sacraments
6. Water signifies Baptism
 - a. The believer enters through Baptism into communion with Christ's death, is buried with him, and rises with him
 - b. Rom. 6:3-4, Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life
7. Blood signifies the Eucharist
 - a. John 6:53-57
 - b. By eating his flesh and drinking his blood, we are given the life of Jesus, which conquers death
 - c. Just as Eve came forth from the side of Adam and the two became one flesh, we too come forth from the side of Christ by receiving His divine life through baptism and the Eucharist and the two become one flesh

3. Sacrament of Confession

- a. So, thanks to Christ's saving death and resurrection, (which we share because of Baptism and the Eucharist), we have become a "New Creation"
 - i. It's as though our car got totaled, and the manufacturer gave us a new one, but now we have to try to take care of it, and when things go wrong with the car, we have to get it fixed
 1. we are not the one's to fix it: we didn't make it!
 2. Also, it's not enough to just feel sorry: you actually have to take the car in to get repaired, so it can resume its normal functioning
- b. Throughout our lives, we continue to sin
 - i. So we have to use the means God gave us to free ourselves of that sin
- c. This sacrament doesn't merely forgive our sins; it also gives us the grace to do better next time
 - i. It heals us, but it also empowers us to improve our lives
- d. What are the two things needed for Confession?
 - i. Sorrow/Repentance
 1. This doesn't just mean feeling bad
 2. It means regretting your sinful action, wishing that you hadn't done it.
 3. It involves a sense of loss, a realization that you have caused damage to yourself and others
 - ii. Resolve

1. Making the decision that you will try to avoid sinning in the future
 2. This doesn't mean you think you'll never do this sin again, but it means that you have the desire to avoid committing the same offense... that you'll try to "amend your life"
- e. When should I go to confession?
- i. Certainly in the case of grave sin
 1. Confession gives you back the life of God, which we lose through grave sin
 - ii. Should also go often, even if you haven't committed grave sin
 1. "How often should I go to confession?" "Well, how full of God's love do you want to be?"
 - iii. God's love for us is a divine well-spring, with infinite love and life and happiness for us
 1. He will fill us up with as much of Himself as we can hold
 2. Whenever we sin, we put up obstacles, blocks to his love flowing into us, so that we can't hold as much of his spirit
 3. Confession is the roto-rooter that breaks down those blocks, and lets God's fullness back in
- f. How to go to confession
- g. A good examination of conscience: look at the 7 deadly sins, and see which one's I'm guilty of in some way

Recommended Reading:

Catechism of the Catholic Church, ##385-421, 1006-1012, 1420-1470, 1846-1876