

## INDIVIDUAL CONFESSION & ABSOLUTION

### *A Lutheran Approach*

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*Christian confession is not simply a historic practice of the Church or a pious ritual; it is a profound summary of the whole Christian faith*

#### **Small Catechism**

*What does such baptizing with water indicate?*

It indicates that the Old Adam in us should by daily contrition and repentance be drowned and die with all sins and evil desires, and that a new man should daily emerge and arise to live before God in righteousness and purity forever.

*Where is this written?*

St. Paul writes in Romans chapter six: "We were therefore buried with Him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life." (Rom 6:4)

*What is confession?*

Confession has two parts. First, that we confess our sins, and second, that we receive absolution, that is, forgiveness, from the pastor as from God Himself, not doubting but firmly believing that by it our sins are forgiven before God in heaven.

*What sins should we confess?*

Before God we should plead guilty of all sins, even those we are not aware of, as we do in the Lord's Prayer; but before the pastor we should confess only those sins which we know and feel in our hearts.

*Which are these?*

Consider your place in life according to the Ten Commandments: Are you a father, mother, son, daughter, husband, wife, or worker? Have you been disobedient, unfaithful, or lazy? Have you been hot-tempered, rude, or quarrelsome? Have you hurt someone by your words and deeds? Have you stolen, been negligent, wasted anything, or done any harm?

#### **Notes:**