



Why do so many vain fears
keep you away from
frequent and daily
communion ?

FIRST DIFFICULTY : THE FEAR
OF COMMUNICATING
UNWORTHILY.

V.

(Continued.)

*What prevents my communicat-
ing often and daily is the fear of
always making a bad confession.*

How many good, but timid, souls are pursued by this
fear, which keeps them away from Holy Commu-
nion !

Tell me, Christian soul, what is necessary for making
a good confession ? Two things only are *necessary* and
sufficient : that the confession be *integral* and accompanied
by the *required contrition* ; that is, that the penitent have
real sorrow for all his mortal sins, or that by the grace
of God being free from mortal sin, he repent of some ven-
ial sin in order not to make his confession null. Remark,
there is no question of *feeling* sorrow for sins, the *sentiment*