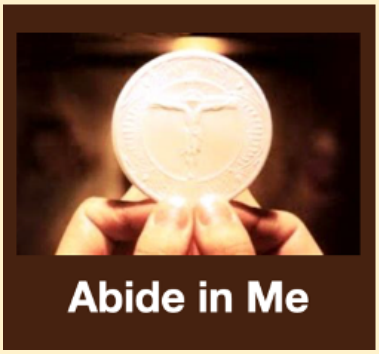

TASTE Reflection Questions #14
February 09, 2023

Sacrament of Healing (Confession) to Prepare for the Eucharist
Fr. Ebuka Mbanude

Whoever eats My flesh and drinks My blood abides in Me and I in him." ~ John 6:56

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1. What was your main take-away from this talk?

2. Fr. Ebuka spent a fair amount of time talking about the story of David.

   - What new insights did you gain about his sin, his attempted cover up, his contrition (tore his garments), immediate confession to God, repentance, and his conversion?
   - How can those insights help us think about our sins, confession and repentance?

3. Fr. Ebuka talked about the three enemies of Confession: 1) Pride, 2) Presumption (Taking God's Love and Mercy for granted), and 3) Shame and Guilt.

   - As he unpacked each of these, what did you glean from each?
   - Which is most challenging for you and what can you do to counter that enemy?

4. Fr. Ebuka spent time talking about sin, its effects, God's desire, & our responsibility:
   a) How when we sin, we become fallen and broken like Adam and Eve
   b) Our sinfulness has a universal effect because punishment is broader
   c) We sin not only against ourselves and God, but against others and the Church
   d) Jesus gave the power to forgive sins to his disciples
   e) God comes in search for us to offer grace, mercy, love, and salvation
   f) It is up to us to go to Confession and mend relationships

   - What were your thoughts on this?
   - If someone asks you why should anyone go to Confession, how might you respond based on this talk?