

opusdei.org

## **"Go quickly to Confession"**

If ever you fall, my son, go quickly to Confession and seek spiritual guidance. Show your wound so that it gets properly healed and all possibility of infection is removed, even if doing this hurts you as much as having an operation. (The Forge, 192)

September 10

Sincerity is indispensable if we are to achieve greater union with God. If you have an ugly "toad" inside you,

my son, let it out! As I have always advised you, the first thing you must mention is what you wouldn't like anybody to know. Once the ``toad" has been let out in Confession -- how well one feels. (The Forge, 193)

``Blessed be God" you said to yourself after having finished your sacramental Confession. And you thought: it is as if I had just been born again. You then continued calmly: ``*Domine, quid me vis facere?* --Lord, what would you have me do?" And you yourself came up with the reply: ``By the help of your grace I will let nothing and no one come between me and the fulfilment of your most Holy Will: *Serviam* -- I will serve you unconditionally." (The Forge, 238)

Humility teaches each soul not to lose heart in the face of its own blunders. True humility leads us to ask for forgiveness. (The Forge, 189)

If I were a leper my mother would kiss me. She would kiss my wounds without fear or hesitation. Well then, what would the Blessed Virgin Mary do? When we feel we are like lepers, all full of sores, we have to cry out: Mother! And the protection of our Mother will be like a kiss upon our wounds, which will then be healed. (The Forge, 190)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/dailytext/go-quickly-to-  
confession/](https://opusdei.org/en-ke/dailytext/go-quickly-to-confession/) (03/13/2026)