21. Are there any sins which the ordinary confessor cannot absolve... YES, some sins are so grave that the sinner is excommunicated. Absolution in these cases must be sought from the Pope, the bishop, or a priest authorized by them. The exception to this occurs in the danger of death when any priest, even one deprived of permission to hear confessions, can give absolution for all sin and excommunication.

22. A penance is something that must be done or accepted to make up for confessed sin. It should correspond to the type of sins and their gravity. Penances generally take the form of prayer, acts of mercy, or self-denial.

23. The word "confessor" has two meanings: It can mean a priest who hears confessions, or in another unrelated sense, it can mean a saint, other than a martyr, who witnessed to ("confessed") the faith.

24. A Catholic who has committed a mortal or serious sin must receive the sacrament of Penance. A mortal sin can be forgiven even before confession if a person has perfect (pure) sorrow for having offended our loving God. But normally, he or she must still go to confession before receiving Holy Communion. If we have committed serious sin, we should go to confession soon. A person do who has committed a mortal sin should say a prayer of perfect sorrow (contrition) with the intention of going to confession soon. This obtains forgiveness and God's grace. But the person must go to confession before receiving Communion.

25. The requirements for confessing mortal sins are:
    - a person should say what kind of sins they were
    - and as far as possible—tell how many times these sins were committed
    - as well as any circumstances that might alter their nature.

26. A person cannot confess sins with the intention of committing them again. No sin is forgiven by God unless there is true sorrow for it (even imperfect sorrow, such as fear of divine punishment) and a firm resolution not to commit it again.

27. The Church requires us to receive the sacrament of Penance at least once a year. It is a good idea to receive this sacrament more frequently because it greatly helps our spiritual growth.

28. It is beneficial to receive this sacrament frequently, even if we have committed only venial sins. This sacrament helps us to realize that every sin offends God. It helps us develop greater self-knowledge, grow in grace and love of God and neighbor, receive the Sacramental Grace this sacrament provides, and grow spiritually as a living and active member of the Church

29. General absolution may be given in certain rare cases, such as during a war or a natural disaster, general absolution may be given to a group without individual confession. As always, the penitents must be sorry and intend not to sin again. One whose grave sins are forgiven by a general absolution is obliged to make an individual confession as soon as possible before receiving another general absolution, unless a just reason intervenes.

30. A communal celebration of the sacrament of Penance consists of a common preparation including Scripture readings, a homily, an examination of conscience, individual confession and absolution, and a common request for forgiveness and thanksgiving.

31. The effects of this sacrament are:
    - It reconciles us with God, who forgives all our sins
    - we are restored to God's grace and friendship (if this had been broken through serious sin), or our union with him is deepened
    - we are also reconciled with the Church, which we have wounded by our sins.

    The sacrament gives us the grace we need to live our Christian life more deeply, thus preparing ourselves for a merciful judgment when we die.

32. An examination of conscience is made by recalling how one has lived up to one's commitment to Christ in thoughts, words, and actions, as well as how one's duties were accomplished. As a help, the Ten Commandments can be recalled one by one, as well as the special duties of Catholic Christians and one's own particular duties