

From The Ultimate Catholic Quiz by Karl Keating (Ignatius Press; Ignatius.com)

Can you correctly answer this question?

Q. The Sacrament of Confession (a) almost always must be received before receiving Communion by anyone guilty of an unconfessed mortal sin; (b) is not necessary because you can privately confess your sins to God; (c) must be received by all adult Catholics at least once a year (one of the six precepts of the Church); (d) is useless if you have committed murder, sodomy, oppression of the poor, or defrauding workers of their just wages; (e) none of the above.

The answer is (a). If you have committed a mortal sin, you may not receive Communion until after you have gone to sacramental Confession “unless there is a grave reason and no opportunity to confess” (Canon Law # 916).