

The Sacrament of Reconciliation

LENT 2023



Am I poor in spirit? Do I value God's everyday gifts: light and life, food, water, creation? Do I always want more?

Do I reach out to those who are feeling down, or am I too wrapped up in my own concerns?



Do I stand up for justice and protect those who are treated badly? Do I avoid actions that harm the earth and its poorest people?



Am I pure in heart, trying to see God in the world around me? Where's my focus?



How often have I stood up for my faith? Or for what is right? Am I afraid to stand out from the crowd?

Matthew 5:1-12

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will receive mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

Rejoice and be glad, for your reward is great in heaven.

Do I think it is more important to shout and get my own way?



Have I forgiven people who have hurt me? Or do I hold grudges? Do I welcome outsiders, with the same mercy I'd like shown to me, or do I ignore them?

Do I try to make peace between friends who have fallen out? Or do I encourage them to ignore each other or to fight?

If someone criticises me for doing something good, how do I react?



God our Father, you know me through and through. Help me to see myself as you see me and always to trust in your mercy. Amen.



The Sacrament of Reconciliation

is also known as Penance or Confession. Whether it has been 2 weeks, 2 months, 2, 20, 40 years remember that God is there with open arms for you.

The peace of mind & soul which this sacrament gives us is one for which there is no substitute. It is a peace that flows from a certainty, rather than from an unsure hope, that our sins have been forgiven & that we are right with God.

A Few useful Prayers

Act of Sorrow

O my God, I thank you for loving me, I am sorry for all my sins. For not loving others and not loving you. Help me to live like Jesus and not sin again, Amen

Prayer for Forgiveness

O my God, Help me to remember the times when I didn't live as Jesus asked me to. Help me to be sorry and to try again, Amen

Prayer after Confession

O my God, Thank you for forgiving me. Help me to love others. Help me to live like Jesus ask me to, Amen