

Preparing for Reconciliation

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?



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 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?



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.

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.

What happens in the Sacrament of Reconciliation?

- Sign of the cross
- The priest asks what you'd like to be forgiven
- He gives you a penance, something to do as a sign that you want to make up for what you have done wrong
- He asks you to pray an Act of contrition - you can use one of those printed here.
- The priest says the prayer of absolution, ending with the Sign of the cross.

Acts of contrition

O my God, because you are so good, I am very sorry that I have sinned against you, and with the help of your grace, I will not sin again. Amen.

or

Lord God, in your goodness have mercy on me; do not look on my sins but take away all my guilt. Create in me a new, clean heart and renew me with a new way of thinking. Amen

Acts of Contrition taken from Rite of Penance © 1974, International Committee on English in the Liturgy, Inc. (ICEL).