

A Reflection on the Sacrament of Reconciliation

‘The Celebration of the Sacrament of Reconciliation is a tremendous opportunity for making a new beginning in our lives of faith. This Sacrament bring us the forgiveness of God and his Church as we recognise our need for his compassion in our lives. It is not easy for us to admit that are sinners – and it can be very difficult for us to face squarely our own weakness and failings. In addition, sometimes we even shrink from recognising the gifts God has given us and the good that we do in life, especially the love we share with one another.

To celebrate this Sacrament fruitfully we need to spend some moments looking at our lives and asking for the grace of God to see ourselves as we are. Preparation is essential if this Sacrament is to be relevant to our lives. So we might pray for a spirit of humility and for a grace to honestly evaluate our lives – the good things we do, the love we share with others, the gifts God has given us as well as the missed opportunities to use our gifts, to love others, to do good’.

An Act of Sorrow/Contrition

Loving Father, I come to you with sorrow in my heart.

You know all my failings and weaknesses.

Please forgive me, strengthen me, guide me.

Amen

The Lord is tender and compassionate,
slow to anger, most loving;
his indignation does not last forever ...
No less than the height of heaven
over the earth is the greatness
of his love for those
who fear him;
He takes our sins further away
than the east is from the west.
(*Psalm 103*)

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all those who fall

and raises all those who are bowed down
(*Psalm 145*)

You, O Lord, are my lamp,
My God who lightens my darkness.
With you I can break through any barrier,
With my God I can scale any wall
(*Psalm 18*)

The Lord is my light,
my light and salvation.
In Him I trust
In Him I trust
(*Taize*)

*Father, forgive them for they know not what they do.
(Jesus' prayer from the Cross - Luke 23)*