



CELEBRATING FORGIVENESS ON RECONCILIATION SUNDAY (26/7.3.22) IN PREPARATION FOR EASTER

Cardinal Martini, the wise former Archbishop of Milan who died a few years ago, recommended asking oneself three main questions in preparation for the Sacrament of Reconciliation – under which headings several other related questions might prove helpful...

Since my last celebration of reconciliation/in recent months

(A) What do I most thank God?

- and for **whom** do I most thank God? How might I show this gratitude?

(B) What am I most sorry for?

- *in my relationships with other people?*

Do I make time for those with whom I live? Do I listen well?

If I work, do I work with integrity, with respect for others' time and resources?

If I feel I have been very hurt, is there anyone I need to forgive, to take the first difficult step of not wanting or seeking revenge?

Do I gossip? Do I ever encourage or affirm anybody?

- *in my relationship with myself?*

Am I honest with myself and prepared to accept criticism? Or blind to my own weaknesses, and unwilling to try to change? Do I actively seek to recognise and resist temptation?

- *in my relationship with God?*

Do I try to make my relationship with God a living one? Do I give time to God in prayer or am I "too busy"? Someone once said "God is very short of gratitude"; do I ever express my gratitude?

(C) In what area of my life do I most want to ask help and healing?

Is anything particularly worrying or upsetting me at the moment? Is there a habit I want to break but feel I can't by myself?

Looking over the relationships in my life, where do I most need help and healing?

And to conclude - *How would I like to live from now? What grace am I asking to make this possible? What gift or quality would I like to ask God for this Lent and Easter, and for my life?*