

PREPARATION FOR RECONCILIATION SUNDAY - 5th SUNDAY OF LENT - 16/17.3.24

CELEBRATING FORGIVENESS IN PREPARATION FOR HOLY WEEK AND 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:

Since my last celebration of reconciliation/in recent months

- ***What do I most thank God for?***
- ***What am I most sorry for?***
- ***Where do I want to ask help and/or healing?***

You might like to take some time in the coming week to ponder the following questions. Perhaps use a pen and some paper to record your thoughts. Spending time with this reflection is partly about asking God to show you where to look....be open to any surprises....!

(A) What do I most thank God for recently?

- *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?*
- *in my relationship with myself?*
- *in my relationship with God?*

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

(D) And to conclude –

What gift or quality would I like to ask God for this Lent, Holy Week and Easter, and for my life?
(For example – perhaps? - deepening the sense of wonder and gratitude in my life?)

