

PREPARATION FOR RECONCILIATION SUNDAY

- 3rd SUNDAY OF ADVENT – 13/14.12.25

CELEBRATING FORGIVENESS IN PREPARATION FOR CHRISTMAS



Christ loves us just as we are—fully and unconditionally. Reconciliation is not about fear or guilt; it is about responding to that love and allowing it to transform our hearts and lives.

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 in your life to look....
be open to any surprises....!*

(A) What do I most thank God for in recent months? –

- *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 Advent and Christmas?*

(For example – deepening a sense of wonder and gratitude in my life...or.... helping me find/make time to be open to the Holy Trinity in prayer...or.... more patience with those I find rather difficult)

Lord Jesus, thank You for loving me as I am. Help me grow in gratitude, healing, and love this Advent. Amen.