

## **A Prayer Ritual at Home: Reconciling with God and with one another**

*This ritual should be celebrated quietly and slowly giving time to reflect on one's life and to open your heart to the forgiving and healing love of God.*

### **Pope Francis' Advice**

Recently Pope Francis spoke about what we can do when we cannot go to confession because of the current restrictions. He advised: 'It is very clear: If you cannot find a priest to confess to, speak directly with God, your Father, and tell him the truth. Say, "Lord, I did this, this, this. Forgive me," and ask for pardon with all your heart.' Make an act of contrition, the pope said, and promise God, 'I will go to confession afterward, but forgive me now.' And immediately you will return to a state of grace with God.' (*Pope Francis, 20 March 2020*)

In the name of the Father and of the Son and of the Holy Spirit. Amen.

### **Examination of Conscience**

Let us pause, deep down in the silence of our heart, to examine our conscience

*(Pause – and take your time)*

How have I failed to love God, failed to do what is right, failed to love others?

### **Confession of Sin**

Using your own words, in the silence of your heart, speak directly to God about your sins.

*(Pause – and take your time)*

'Lord, I did this ..., this ..., this ... Forgive me!' and ask for pardon with all your heart. 14

## **Act of Contrition**

Then say: O my God, I thank you for loving me, I am sorry for all my sins, help me to live like Jesus and not to sin again. Amen.

## **Commitment to Celebrate the Sacrament of Reconciliation**

Dear Lord, I firmly amend, once I can, to celebrate the Sacrament of Reconciliation, but good Lord forgive me now. Amen.

## **Blessing**

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

## **Sign of the Cross...**

## **To do**

Think of three good things in your life and thank God for them. Make a random act of kindness for someone in your house or elsewhere. Pray an online Stations of the Cross. Practice reconciliation where there are disagreements. Read the story of the prodigal son (Luke 15:11-32) or view it told in a YouTube clip. Access one of the Gospels and read the account of Jesus' death on the cross.

