

Penance & Reconciliation

MORNING PRAYER

Monday

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

REFLECTION

As members of the Church, we are asked to receive the Sacrament of *Penance*, or *Reconciliation*, in this season of Lent.

We can think of this Sacrament as a sort of spiritual death and resurrection which each one of us undergoes when we enter the Confessional.

We kneel down and 'hand over' or 'surrender' our sins to God, and then, with the words of absolution from the Priest, we rise up, in lightness of spirit, free from the heavy burden of guilt.

This is the best way to prepare for Easter.

After going to Confession, we can start Easter as newborn Christians, putting the past behind us, and looking with optimism towards the future.

Remember, Confession isn't only available in the school on Fridays; It is available every day.

Nothing is more important for a priest than the spreading of God's mercy amongst the members of His Church.

PRAYERS

Let us pray for those who are being persecuted for their faith. May the work of the *Aid to the Church in Need* bring them hope in their times of trial and hardship.

Lord, hear us...

Let us pray for those who risk their own lives working to support our brothers and sisters.

May the Lord give them the gift of fortitude.

Lord, hear us...

St. Philip: **Pray for us.** *House Saint:* **Pray for us.**

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

Penance & Reconciliation

Tuesday

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

REFLECTION

We live in a world where there are huge divisions, much suffering, great injustices and where hatred is widely felt by so many.

The Sacrament of Penance is a medicine to all of this.

It brings us a sense peace; peace within, and peace that begins to spread outwards from us and into the world.

The first word that the Risen Christ spoke to his guilt-ridden disciples, hiding in the Upper Room, after the Crucifixion, was the word '*Shalom*' - the Hebrew word for Peace.

Jesus brings inner peace to anyone who asks for his mercy.

That is why we are so wrong to think of going to Confession as a negative business.

With the gift of his mercy, Jesus implants his *Shalom*, his peace into our souls.

PRAYERS

Let us pray.

Let us ask God to help us examine our consciences and rediscover the desire for God to forgive us our trespasses.

Lord, hear us...

Let us pray that we find the courage to persevere in our Lenten resolutions.

Lord, hear us...

St. Philip: **Pray for us.**

House Saint: **Pray for us.**

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

Penance & Reconciliation

Wednesday

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

REFLECTION

When we go into the confessional we put our sins into words, and as we speak them as words they leave us.

And then in the words which the priest speaks to us in reply, we are washed clean.

We are washed clean with the words of absolution when the priest says *‘Through the ministry of the Church I absolve you of your sins in the name of the Father, Son and Holy Spirit.’*

Day after day we are contaminated with empty words, words that mean little, or are untrue or that hurt us. They pile up on us like layers of dirt.

But with the words of absolution we are washed clean.

Just as Jesus washed the feet of his disciples with water, he washes us with words of forgiveness, delivered to us by the priest in the Confessional.

PRAYERS

Let us pray.

Let us ask the Lord to free us from the temptations which will lead us into misery and into the slavery of sin.

Our Father...

St. Philip: **Pray for us.**

House Saint: **Pray for us.**

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

Penance & Reconciliation

Thursday

**THE 8.20 MASS TOMORROW IS OFFERED
FOR THE CHARITIES WE ARE GIVING TO THIS LENT**

ROSARY REFLECTION

Let us offer up the Rosary for our Lenten Intentions.

THIRD SORROWFUL MYSTERY: THE CROWNING WITH THORNS

*After twisting some thorns into a crown, the soldiers put it on the head of Jesus. They put a reed in his right hand and knelt before him and mocked him, saying,
‘Hail, King of the Jews!’*

1x Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done on earth as it is in Heaven. Give us this day....

10x Hail Mary full of grace the Lord is with thee. Blessed art thou amongst women, and Blessed is the fruit of thy womb, Jesus. Holy Mary...

1x Glory be to the Father, and to the Son, and to the Holy Spirit. As it was... In the name...

Penance & Reconciliation

Friday

FRIDAY PRAYER

Remember that you can go to the Chapel for Confession this lunchtime.

Let us say together:

**O my God,
I am truly sorry for having sinned against you,
and with the help of your grace,
I will try not to sin again.**