



# Confession

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling\*)** *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate the sacrament of Peace and Reconciliation.*

**INTRODUCE TOPIC & SCRIPTURE** John 20:19-23 *"Receive the Holy Spirit. For those whose sins you forgive, they are forgiven. For those whose sins you retain, they are retained."*

## BREATH-WORK & GRATEFULNESS

**BODILY PRAYER VERSE** Based on Psalm 33:22 **"Let your mercy, O Lord, be upon us."**

**MEDITATION** "[the sacrament of Confession] provides us with such peace of soul as nothing else on earth can give. What are we saying? We are saying that the single most basic and universal source for worry or anxiety is the sense of guilt that, as sinners, we all naturally experience. It was no coincidence that Jesus addressed the disciples with the imperative, 'Peace be with you,' and repeated, 'Peace be with you,' when He instituted the sacrament of Penance...

The word "peace" is almost a theme of the Gospels. On Christmas morning, the angel told the shepherds that the birth of the Savior was the promise of, 'Peace on earth to men of good will.' During His long discourse at the Last Supper, Jesus promised us, 'Peace I leave with you, my peace I give to you; not as the world gives do I give to you' (Jn 14:27). No wonder Christ is called the Prince of Peace."<sup>3</sup> The Sacrament of Confession is the Sacrament of Peace.

**RESOLUTION** (Re-read Scripture.) "No words can describe what only a Catholic believer can understand: what it means to be absolutely certain on revealed faith that I, a sinner, am once more in the friendship of God because I have received absolution in the sacrament of Confession. This peace of soul is priceless. It is also irreplaceable. Only a person who is certain that his sins are forgiven can have true peace of soul. God became man to give us this precious gift of peace; and the sacrament He instituted on Easter Sunday night, to give us repentant sinners this foretaste of heaven here on earth."<sup>4</sup> How long has it been since I have been to Confession? Can I make some time this week to go to this Sacrament?

*Mary, give me the grace and strength I need to make a good Confession.*

**ENDING PRAYER (Kneeling\*)** *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Advocate of Sinners: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Fr. John A. Hardon, S.J., *Penance, The Sacrament of Forgiveness and Peace*, <http://www.therealpresence.org/chapel/penance.htm> Used with permission.

<sup>4</sup> Ibid.

\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

