

Reconciliation 1

Come back to me
with all your heart
(Hosea 14:1)



A Thought
'Jesus in the
confessional
is not a dry cleaner.
Confession is an
encounter
with Jesus,
with this Jesus
who waits for us,
who waits for us
just as we are.'
(Pope Francis)

Action

You might consider starting the journey of reconciliation by approaching one person who you have offended recently or in the past and with whom you want to make up. If that is not possible, for whatever reason, you might write a letter of apology even if you never send it.



Daily Prayer

O my God, I am heartily sorry for having offended you...

Reconciliation 2

My offences truly I
know them
(Psalm 50:3)



for
givenness
sake!

*A Thought
'Concreteness,
honesty, and the
genuine ability
to be ashamed of
one's mistakes
are all qualities
needed in order
to be open to the
forgiveness of
God, as well
as the deep
awareness
of his love.'*
(Pope Francis)

Action

The Good Thief who died on the cross beside Jesus teaches us about healing our hearts. He looks into himself, sees his failings, and then asks Jesus to simply remember him. Take time each day to place your hand on your heart and to remember your own weaknesses and failings. Finish this task with the daily prayer with hand on heart.

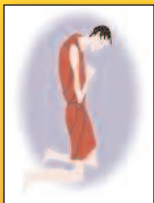


Daily Prayer

*Jesus remember me
when you come into
your kingdom*

Reconciliation 3

**‘Stand up,’ he said,
‘do not be afraid’
(Matthew 17:8)**



A Thought

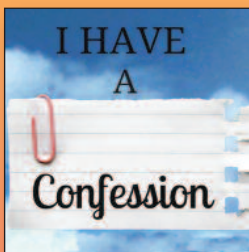
‘And we must never tire of going to ask for forgiveness. You may feel ashamed to tell your sins, but as our mothers and our grandmothers used to say, it is better to be red once than yellow a thousand times. We blush once but then our sins are forgiven and we go forward.’

(Pope Francis)

Action

Bring to your mind something that you have never confessed to anyone.

Take courage and confide in a trusted friend. You might be surprised that a moment of embarrassment could lead to a lifetime of peace.



Daily Prayer
Father, I have sinned against heaven and against you

Reconciliation 4

**Come and see a man
who has told me
everything I ever did
(John 4:29)**



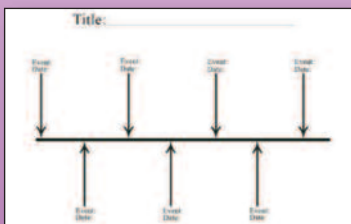
A Thought

'I want to remind priests that the confessional must not be a torture chamber but rather an encounter with the Lord's mercy which spurs us on to do our best. Everyone needs to be touched by the comfort and attraction of God's saving love, which is mysteriously at work in each person, above and beyond their faults and failings.'

(Pope Francis)

Action

Create a timeline of forgiveness by compiling a list of occasions when you showed forgiveness to others, when you refused forgiveness to others and the times when you experienced forgiveness.



Daily Prayer
*Lord,
you search me
and you know me*

Reconciliation 5

So the blind man
went off and washed
himself, and came
away with his sight
restored
(John 9:7)



A Thought

*I am a sinner whom
the Lord has looked
upon. I am one who
is looked upon by
the Lord. I always felt
my motto, Miserando
atque Eligendo
(by Having Mercy
and By Choosing Him),
was very true for me.
(Pope Francis)*

Action

Each morning as you wash your face look into the mirror, smile with gratitude and pray the daily prayer.



Daily Prayer

*I am a sinner whom
the Lord has
looked upon*

Reconciliation 6

Unbind him and let
him go free
(John 11:44)



*A Thought
I think when the
Prodigal son
returned home,
his father didn't
say: 'But you,
listen, sit down.
'What did you do
with the money?'*

*No he held a
party. Then,
maybe, when the
son wanted to
talk, he talked.*

(Pope Francis)

Action

Do a stretching exercise every day and feel the freedom of movement or throw a stone into the river or the sea and watch the ripples of freedom as the water scatters.



Daily Prayer
*The truth will
set you free*