**Act…Love…Walk**



**Preparing for the Sacrament of Reconciliation**

**Reading Micah 6:8**

What does the Lord require of you?

To act justly, to love mercy

and to walk humbly with your God.

**ACT JUSTLY**

**Song The Water of Life (Marie Dunne CHF)**

**All sing:** Come to the water you who are thirsty, come to the water of life.

Though you have nothing, I am your all, I will hear you when I call.

**Reflection What is Water Justice?**

‘Water is Life. People not having clean water is very much a justice

issue. They spend hours getting water for their household needs –

then there are health concerns around the water they drink. I try to

make a difference where I can, even little things ’

**Father Phillip - Lingoni Parish Malawi.** (Pause)

**Reading Amos 5.24**

Let justice flow like a river,

Righteousness like a never-failing stream

‘Even where poverty bites deep. Even in a changing climate. Solar powered

water pumps, and boreholes. Simple drip irrigation pipes, and hardy diverse seedsfor planting. Each a ripple of justice, a tenacious ray of hope.’

**Trócaire 2024.**

**All say:** Let justice flow like a river,

Righteousness like a never-failing stream

‘Multiple times a day, over steep terrain, Malita (mother of twins Patricia and

Patrick) hauls two 20-litre buckets – up to 40 kilos of water. Its backbreaking

work for water that sometimes makes her family sick.’

**Trócaire 2024.**

**All say:** Let justice flow like a river,

Righteousness like a never-failing stream

(Pause)

**What can we do?**

One example of justice in action is from Blessed Maria Celeste Crostarosa, who

founded the Redemptoristines. In her early years, she set up an orphanage,

where she not only provided shelter but also ensured that children received an

education.  She believed in the power of small acts of justice and calls us to do

the same.

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**Act of Sorrow**

We are sorry for the continued draining and destruction of

our seas through overfishing **Kyr**

We are sorry for our pollution of the rivers and lakes **Christe**

We are sorry for failing to prioritise clean water as a common

good for all **Kyrie** (Pause)

**LOVE MERCY**

**Song Remember, Remember (Paul Inwood)**

**All sing:** Remember, remember, your mercy, Lord.

Remember, remember, your mercy, Lord.

Hear your people’s prayer as they call to you.

Remember, remember, your mercy, Lord.

**Reflection Prayers of Hope and Healing (Liam Lawton)**

Lord, forgive my blindness in failing to see your abundant blessings, Given daily from your kindness,

Forgive me Lord and let my shame now end,

Forgive me Lord that I might live again.

**Reflection ctd. Prayer for Forgiveness (Liam Lawton)**

Lord help me to be humble, for I have wandered far from your goodness, And lived just for myself,

So, give me the courage to be self-effacing and honest,

Forgive me for the times that I have imprisoned myself selfishness,

greed, in envy, in arrogance, in anger, in despair, in mistrust,

Forgive me for falling in self-pity, self-doubt, self-destruction, and self-containment, In these times of falling and failing, lead me to a greater understanding of myself, In a new appreciation of your infinite goodness and mercy, And bind me from the dark clouds that veil my life in fear, From the allurement of empty promises, of self-satisfaction, or from the paralysis of

self-loathing, To be humble, is to come close to you.

**Song Kyrie (Byrd)** (Pause)

**Reflection** **Lord, if only you could listen**

Lord if only You could listen and hear confusion in my mind

Would you break down and cry for me;

Would you break down and die for me?

And Lord, if you could know the feeling

when life begins to get me down,

Would you break down and cry for me;

Would you break down and die for me?

And Lord, to live from day to day

Would never help me find my way,

O Lord would you take my hand and lead me there,

To your side forever, 'ever my Lord

**Song There’s a Wideness in God’s Mercy (Ed Bolduc)**

**All sing:** So be merciful just as our God is merciful.

Be merciful just as our God is merciful to us.

Let there be a wideness in our mercy.

Let there be a kindness in our hearts.

Oh, may our lives be merciful. (Pause)

**Reading 1 Samuel 15.22**

But Samuel replied, “What is more pleasing to the LORD: your burnt offerings

and sacrifices or your obedience to his voice? Listen! Obedience is better than

sacrifice, and submission is better than offering the fat of rams.

**Reflection Mercy not Sacrifice (Max Lucado)**

“Lord,” I said, “I want to be your man, not my own.

So to you I give my money, my car—even my home.”

Then, smug and content, I relaxed with a smile

And whispered to God, “I bet it’s been a while

Since anyone has given so much – so freely?”

His answered surprised me. He replied, “Not really.

“Not a day has gone by since the beginning of time

That someone hasn’t offered meagre nickels and dimes,

Golden altars and crosses, contributions and penance,

Stone monuments and steeples; but why not repentance?

“The money, the statues, the cathedrals you’ve built,

Do you really think I need offerings of guilt?

What good is money that’s meant only to salve

The hurting conscience that so many of you have?

“Your lips know no prayers.  Your eyes no compassion.

But you will go to church (when churchgoing’s in fashion).

“Just give me a tear – a heart ready to mould

And I’ll give you a mission, a message so bold

That a fire will be stirred where there was only death,

And your heart will be flamed by my life and my breath.”

I stuck my hands in my pockets and kick at the dirt

It’s tough to be corrected

But it was worth the struggle to realize the thought

That the Cross isn’t for sale and Christ blood can’t be bought.

**Song: The Power of the Cross (Keith and Kristyn Getty)**

(Pause)

**WALK HUMBLY**

**Prayer of Reconciliation**:

Dear God,

I come before you humbly, seeking your guidance and grace.

I acknowledge my own shortcomings, and I ask for your forgiveness for any

words or actions causing harm.

Lord, I pray for reconciliation and a resolution to conflict.

Help me to set aside pride and ego, and to approach situations with a heart full

of love and forgiveness.

Grant me the wisdom to listen with empathy and the courage to extend

forgiveness.

May your grace and mercy be the foundation upon which we built trust and

harmony.

Help us to be an instrument of your love and reconciliation in this world.

**The Humility of Saint Patrick (Confessions)**

‘Before I was humbled I was like a stone lying in deep mire, and he that is

mighty came and, in his mercy, raised me up and, indeed, lifted me high up and

placed me on top of the wall. And from there I ought to shout out in gratitude

to the Lord for his great favours.’

(Pause)

**Prayer of Saint Patrick**

Christ with me, Christ before me, Christ behind me, Christ in me,

Christ beneath me,

Christ above me, Christ on my right, Christ on my left, Christ when I lie down,

Christ when I sit down, Christ in the heart of every man who thinks of me,

Christ in the mouth of every man who speaks of me,

Christ in the eye that sees me, Christ in the ear that hears me.

**Song The Deer’s Cry (Shaun Davey)**

**Walking Humbly with God**

To “walk humbly with God” is the basis for loving mercy and doing justice.

Because of what God has done, we fully invest in healing the world around us

through mercy and justice. Cultivating our walk with God provides the power

and passion for us to fully engage—it grounds everything else we do.

**Song Shalom**

*(Pause)*

**Reflection Footprints in the Sand (M. Stevenson)**

One night I dreamed I was walking along the beach with the Lord.

Many scenes from my life flashed across the sky.

In each scene, I noticed footprints in the sand.

Sometimes there were two sets of footprints,

other times there were one set of footprints.

 This bothered me because I noticed

 that during the low periods of my life,

 when I was suffering from

 anguish, sorrow or defeat,

 I could see only one set of footprints.

So I said to the Lord,

 ‘You promised me Lord,

  that if I followed you,

  you would walk with me always.

  But I have noticed that during the most trying periods of my life

there have only been one set of footprints in the sand.

  Why, when I needed you most,

   have you not been there for me?’

 The Lord replied,

 ‘The times when you have

  seen only one set of footprints,

  is when I carried you.

**Resolution Micah 6:8**

**All say:** What does the Lord require of you?

To act justly, to love mercy

and to walk humbly with your God.

**Song On Eagle's Wings (Michael Joncas)**