

- Do I bear grudges, do I contemplate revenge?
- Do I seek to be humble and bring peace?
- Am I able to forgive myself?

Act of Reconciliation

1. Upon entering the Confessional, parishioners are asked to say the following or similar to the Priest:

“Forgive me Father, for I have sinned. It has been weeks / months / years since my last confession.”

2. Tell the priests your sins.
3. The Priest will speak to you and give you a penance to perform
4. Then the Priest will ask you to recite the Act of Contrition: (You may use one you already know or one of the following)

a. Father, I have sinned against you and am no longer worthy to be called your son. Be merciful to me as a sinner.

b. Lord Jesus, you opened the eyes of the blind, healed the sick, forgave the sinful woman, and after Peter’s denial confirmed him in your love. Forgive my sins, renew your love in my heart and help me to live in perfect love with my fellow Christians that I may proclaim your saving power to the entire world.

c. O my God, I am very sorry that I have sinned against you. Because you are so good and with your help I will not sin again.

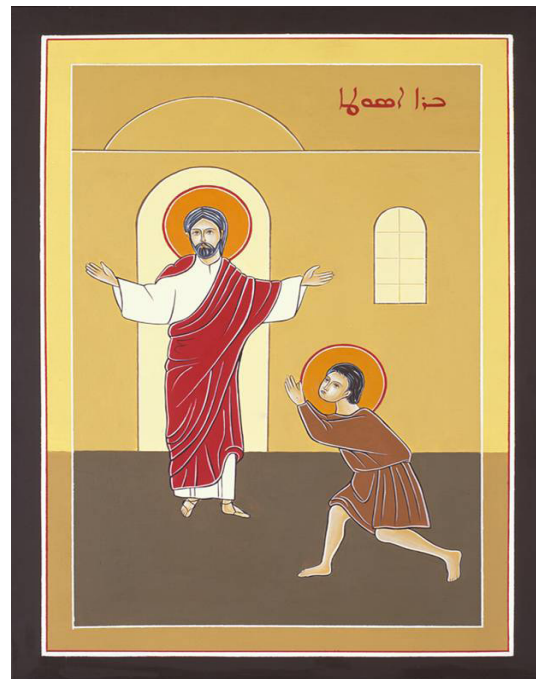
d. God my Father, you love me all the time. I am sorry for the times when I have done what is wrong. Help me to grow more and to live in your love.

5. The priest will give you absolution

Reconciliation (Confession):

During Sunday Mass or contact one of the priests at any time

Our Lady of Lebanon Maronite Parish Melbourne



SACRAMENT OF RECONCILIATION

In order to prepare yourself to celebrate the Sacrament of Reconciliation (confession), and to have a greater understanding of this important sacrament/Mystery please take some time to reflect and pray.



You have come to experience the Lord's forgiveness and compassion. It is a very personal moment in your relationship with God.

To get the most from your confessional-encounter with Christ, you should prepare well. You should arouse in yourself a deep, true sorrow for your sins; how they have offended against God, who loves us infinitely and how they have hurt our fellow men who rely on us.

Please remember that the Sacrament of Reconciliation is, above all, an act of God's love and is a personal moment to be lived in a relationship of love with God. It is not a routine (or an ordeal) to be gone through, but very much a part of the personal renewal which takes place in each person.

You are invited in the light of God's love

- to recognise the sinfulness of life;
- to have a true sorrow for these sins;
- to have affirm intention to avoid them in the future

These elements are essential to a proper and meaningful celebration of the Sacrament.

Sin is not merely a series of failures, but the sharing in what is actually evil:

- Unbelief, indifference, selfishness
- Violence, contempt for the weak,
- Racism, neglect of the poor,
- Money-seeking, wastefulness,
- A spirit of pride and superiority.

Every sin, in one way or another, has a community dimension. It is something which tarnishes the Body of Christ, which together, we are. Every sin ought to arouse in us feelings of humble regret and a confident request for pardon.

Today my Father is waiting for me.

I must return to Him...

Then the prodigal son came to his senses and said, "I will leave this place and go to my Father and say, "Father, I have sinned against heaven and against you." While he was still a long way off, his Father saw him and was moved with pity. He ran to the boy, enfolded him in his arms and kissed him tenderly. The Father said, "Quick, bring out the best robe... this son of mine was dead and has come back to life..." (Luke 15)

Our Heavenly Father awaits us

in the same way...

Following the example of the prodigal son, examine your conscience in the light of the Gospel and find out when you have behaved contrary to the teaching of Our Lord Jesus Christ in thoughts, words and deeds.

Jesus said, "You will love

the Lord your God with all your heart..."

- Is my heart set on God, so that I love him above all things?
- Am I open to his presence?
- Do I listen to the words of the Gospel? To the teachings of Christ's Church?
- What place has prayer in my life?
- Is the Eucharist the centre of my Christian life?
- Do I take part regularly in Mass on Sundays and Feast Days?
- Am I ashamed to witness to my faith in God on a daily basis?
- Do I turn to God only when I am in need?
- Have I love and reverence for the name of God?

Jesus said,

"Love your neighbour as yourself..."

- Have I genuine love or concern for those around me?
- Do I judge without mercy in thoughts and words?
- Do I speak ill, slander or steal?
- Am I intolerant, envious, and hot-tempered?
- Am I sincere and honest in my dealings with others?
- Have I been the cause of another's committing sin?
- Do I forgive those who sin against me?
- Do I despise those of another creed, colour or opinion?
- Do I think enough of those less fortunate?

Jesus said,

"Be perfect as your Heavenly Father is perfect".

- Do I truly live as a Christian and give good example to others?
- Have I gone against my conscience out of fear of hypocrisy?
- Have I participated in things which offend both Christian and human decency?
- Am I too concerned about myself, my health and my success?