

# COMPASSION

words of **POPE FRANCIS**

Forgiveness of our sins is not something we can give ourselves. I cannot say: I forgive my sins. Forgiveness is asked for, is asked of another, and in Confession we ask for forgiveness from Jesus. Forgiveness is not the fruit of our own efforts but rather a gift, it is a gift of the Holy Spirit who fills us with the the wellspring of mercy and of grace that flows unceasingly from the open heart of the Crucified and Risen Christ. Secondly, it reminds us that we can truly be at peace only if we allow ourselves to be reconciled, in the Lord Jesus, with the Father and with the brethren. And we have all felt this in our hearts, when we have gone to confession with a soul weighed down and with a little sadness; and when we receive Jesus' forgiveness we feel at peace, with that peace of soul which is so beautiful, and which only Jesus can give, only Him.

General Audience, St Peter's Square  
Wednesday 19 February 2014

# COURAGE

## OUR FATHER

**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 our daily bread  
and forgive us our trespasses,  
as we forgive those  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil. Amen**

## HAIL MARY

**Hail Mary, full of grace.  
The Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit  
of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners now,  
and at the hour of our death. Amen**

## GLORY BE

**Glory be to the Father  
and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now and ever shall be,  
world without end. Amen**

Meeting the Father of



# MERCY

A simple guide for the  
Sacrament of Reconciliation



## Preparation

Spend a little time thinking about what it is you want or need to bring to God's mercy. You can sit quietly for a few moments just to think about what you will say. You may find it helpful to reflect upon a passage of Scripture, for example The Beatitudes. It

might also help to write some things down so that you don't forget once you go into Confession.

Remember, the priest will help you to make a good Confession, but remember also, how important it is to be prepared.

## Going to Confession

Go in to see the priest. Begin with the Sign of the Cross. It's for him to know how long it has been since you went to Confession last.

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

**Bless me, Father, for I have sinned. It has been ... since my last confession.**

You can then tell the priest what it is you want to say sorry to God for. When you have told the priest everything you wanted to say simply let him know:

**For these and all my sins I come to ask for God's pardon and mercy.**

## Listening

The priest will then talk to you about what you have said. Remember that he is not there to judge you but to help you to be a better person ...the sort of person Christ calls us to be. Listen to what he has to say and try to put it into practise. The priest will give you a penance. This is something that helps us to 'do something' as we ask God's pardon. The priest might ask you to say a prayer or do something when you have finished in Confession. Remember what he asks you to do!



## Act of Contrition

The priest will ask you to make an Act of Contrition, renewing sorrow for sin.

**O my God, because you are so good, I am very sorry that I have sinned against you, and with the help of your grace, I will not sin again. Amen**

There are alternative Acts of Contrition in the right hand column of this Guide. ▶

## Absolution

The priest now prays the Prayer of Absolution over you asking God to forgive you and to take away your sins. Try and listen to the words the priest is praying.

## Go in peace!

Find some time just to sit for a minute or two thanking God for his love and his goodness... and don't forget to fulfil the penance the priest asked you to do.

## Alternative Acts of Contrition

**Father of mercy**, like the prodigal son I return to you and say:  
'I have sinned against you and am no longer worthy to be called yours.'  
Christ Jesus, Saviour of the world,  
I pray with the repentant thief  
to whom you promised Paradise:  
'Lord, remember me when you come into your kingdom.'  
Holy Spirit, fountain of love,  
I call on you with trust:  
'Purify my heart, and help me to walk as a child of light.'

**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.  
Listen to my prayer: forgive all my sins, renew your love in my heart, help me to live in perfect unity with my fellow Christians that I may proclaim your saving power to all the world.

**Lord Jesus**, Son of God, have mercy on me, a sinner.

**Lord Jesus**, you chose to be called the friend of sinners. By your saving death and resurrection free me from my sins. May your peace take root in my heart and bring forth a harvest of love, holiness, and truth.

