

LENTEN REFLECTIONS FOR YOUTH



Provided by the New Haven Deanery
Catholic Youth Apostolate
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Reflections taken from various sources.

Works cited:

1. Introduction on lent taken from:
(Source book for Sundays and Seasons. C. 1989, archdiocese of Chicago. Liturgy Training Publications, 1800 North Hermitage Avenue, Chicago IL. 60622-1101; 1800-933-1800.)
2. "6 Conversations" taken from an unknown source.
3. "Reflection Questions" taken from Journey of Faith, Leader's Book- C. 1995, Ligouri Publications.

Note: This booklet is simply a compilation of Lenten materials to benefit the devotion of Catholic youth during lent.

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May this booklet provide help to make our Lenten journey a life changing one!

The word "Lent" means springtime. This word comes from the same root "lengthen" since daytime lengthens during Lent. The northern hemisphere turns toward the sun, the source of life, and winter turns into spring. In Hebrew the word of repentance is "to turn" like the turning of the earth to the sun, like the turning of the soil before planting.

"Even now, says the Lord, turn to me." (Joel 2:12) The word "sin" means separation. We are called to turn from our separate selves, from our sin, to come together in community. Self-denial is the way we express our repentance. We turn away from sin and death. In the lengthening brightness from Ash Wednesday until Holy Thursday afternoon, our holy Lent, we turn to God as our source of life.

Self-denial is threefold, advised chapter six of Matthew's gospel. We *pray*: "Go to your room, close your door, and pray to your Father in private." We *Fast*: "No one must see you are fasting but your Father." We give *alms*: "Keep your deeds of mercy secret, and your father who sees in secret will repay you." Self-denial is an exercise, a workout, a getting into shape. Through the lenten exercise of prayer, fasting and alms-giving we spring clean our lives, sharpen our senses, put tomorrow in its places and treasure the day at hand.

Why is Lent forty days? It took forty days for sinfulness to drown under the floods before a new creation could inherit the earth. It took forty years for the generations of slaves to die before the freeborn could enter the promised land. For forty days Moses and Elijah and Jesus fasted and prayed to prepare themselves for a life's work.

Forty is symbolic of a journey. It is the journey of the catechumens to baptism. They sail over the waters toward the rainbow, and march to the promise land of God's reign. Forty is symbolic of a lifetime, the lives of all the baptized. We pattern out lifelong work according to the gospel.

At the beginning of Lent the bishop calls out the names of the catechumens who seek to be baptized for Easter. Their names are written in the book of the elect, the "chosen." God has chosen them, and they have chosen to turn to God. Lent is the forty days before the baptism of the catechumens. The already baptized can share the excitement and the struggles of the elect and rediscover the meaning of baptism in their own lives. During the forty days, both catechumens and the faithful journey together to the holy font.

We keep Lent *together*. We turn together, as a parish, as a church of so many colors, ages and ways of life. We put aside our business-as-usual to support each other in prayer, fasting and almsgiving. We turn to God to enlighten us and purify us throughout the lengthening brightness of our holy Lent.

"For now is the acceptable time! Now is the day of salvation!"

(Reprinted from *Sourcebook for Sundays and Seasons*. Copyright 1989, Archdiocese of Chicago. Liturgy Training Publications, 1800 North Hermitage Avenue, Chicago, IL 60622-1101; 1-800-933-1800.)

Lent is practically here. It can be a hard season, despite the many opportunities for growth that it offers. The Gospel speaks of temptation. Perhaps the strongest temptation for many of us is to ignore Lent, close our eyes until it has passes us by.

We need help to live Lent well. We need our family's help and the support of our parish family. We also need to draw closer to Jesus. This Lent make part of your prayer a personal conversation with him. Each week TOGETHER will provide a dialog with the Lord to help you develop your own conversations.

1st Sunday of Lent
Gospel Reading: Matthew 4:1-11

Here We Go Again
Conversation 1

Me: Oh, no look at that.

Jesus: At what?

Me: The calendar.

Jesus: What's wrong with it?

Me: There's nothing wrong with it. That's the problem. It's right. Which means that it's Lent again. Ash Wednesday, Fridays without meat. Giving something up. Somber liturgies. The Passion. Death.

Jesus: And...?

Me: And I don't think I'll make it. I've tried before. It can be so frustrating. Look at all the holidays we just had: Thanksgiving, Christmas, presidents' birthdays, Valentine's

Day. Joy, happiness, eating, giving gifts. That is easy to get through. But Lent--that's something else.

Jesus: The desert after Cana

Me: What?

Jesus: I knew both. The joy and conviviality of the wedding feast. And the hot, wind-swept, stony desert. They both had their place in my life. It's the same with you.

Me: Maybe. But it was easy for you. You were God!

Jesus:--and man. I knew the heat, the hunger, the temptations. When I was so starved I could have eaten a rock, that's exactly what was offered to me. When I was so lonely I could have made friends with the lizards, I was offered the world. When I felt like the heat would kill me, I was told I would be given safety if only I would follow the devil's bidding.

Me: I never have it that hard. But I don't get off easy.

Jesus: Sometimes, the easier the temptation the more dangerous it is. You may not be offered command of the world, but what about being lord of your family or co-workers? Perhaps you are not led to leap from a mountain-top, but are you tempted to give it all up and withdraw from life? Maybe stones are not turned into bread for you, but you are surrounded by material pleasures that take you away from me.

Me: You're right. And that's why I wish it were not Lent. Because I am not going to make it. Six weeks. It's so long. I can be good for a day or two, but then my weakness comes back. It's a constant struggle.

Jesus: I am not asking you to become perfect in six weeks. Perfection will come, but not at once. If you walk toward it, however, it will be closer to your grasp.

Me: It's not like I haven't tried. There have been many Lents, many Advents, retreats, confessions, prayers.

Jesus: I know.

Me: Now Lent again. 6 weeks. So many days. All those hours. I can't do it by myself.

Jesus: I know that too.

Me: Would you help?

Jesus: I was hoping you would ask.

Reflection Questions:

1. Reflect on some of the recent choices you've recently made in your life. How do your choices represent your Christian faith?
2. Many people have found God in desert experiences, in other words, moments where they feel there is no way out. Have you had a desert experience that marked a conversion for you because you saw God help you through it?



Away with you Satan!

2nd Sunday of Lent

Gospel Reading: Matthew 17:1-9

Can I Change?

Conversation 2

Me: I was just reading the Transfiguration story. That must have been quite a day for Peter, James and John.

Jesus: They needed that experience at that moment.

Me: Sometimes, I could use it.

Jesus: I know. That's why I left the Eucharist and the Church. My presence is with you in many forms and is always available to you.

Me: I never thought of it that way before. But what about me? Could I be transfigured?

Jesus: What do you mean?

Me: I mean, you were a man and you were transformed. Then you said that each of us can be changed. We can be glorified, too. Is it only in heaven that we will be like that? Or can we experience some of that here, too?

Jesus: If you die to yourself.....

Me: Lent, again. Right? We keep coming back to Lent.

Jesus: Isn't that why we are speaking?

Me: Yes. I asked you to help me through Lent.

Jesus: And you called it a somber, dark time full of sacrifice and pain.

Me: And then comes the Transfiguration. Glory, light, change. Maybe I was being a little extreme. Still, I would like to feel that Lent can change me.

Jesus: It can.

Me: By dying to myself, right? And how do I do that?

Jesus: By living for others

Me: That's hard.

Jesus: You do it already.

Me: I do? When?

Jesus: Think and remember. At Mass last week, you helped an old woman down the steps of the church.

Me: That was nothing.

Jesus: It was everything to her. What about the hours you spent this week doing your homework, playing with your friends, reading stories, and going places?

Me: But that's not a sacrifice. I enjoy that.

Jesus: Sacrifice does not have to hurt. You enjoy it because true giving pleases; it does not pain. When you go outside yourself, you will find yourself. Doing without will give you more than you ever had before.

Me: Like the time I volunteered to bring food to the homebound. I met so many nice people. I got nothing out of it --nothing but joy. I felt, I felt....

Jesus: Transfigured?

Me: I'm beginning to understand. But there are not many more examples I could give.

Jesus: That's one reason Lent is here. To invite you to do more. To reach outside yourself. To find generosity within you. To attain a new level of holiness. And to see the goodness inside you.

Me: To be transfigured ?

Jesus: Yes. Lent is a time to be on your knees, but it is also a time to be on your feet helping others.

Me: Let's talk some more about this. I have many questions.

Reflection Questions:

1. As we learn to trust, we begin to see more and more transfigurations all around us. How have you met God in a transfiguring experience?
2. "In you all the families of the earth shall be blessed." How does this make you feel about your family during this lenten season?

3rd Sunday of Lent

Gospel Reading: John 4:5-42

A Wish List

Conversation 3

Me: Look at the rain. I guess that's a silly thing to say. You made the rain and know each drop.

Jesus: You're not silly.

Me: Thank you. But what about humanity? Sometimes I think it's silly. I hope that doesn't offend you.

Jesus: I made each person and know each one as I know the raindrops.

Me: But look at what they have made: War, poverty, hunger, disease, loneliness.

Jesus: You don't blame me for those?

Me: No. Many people do, though. But, I found out long ago that it's us who made such thing. You invite us to be peaceful, loving, caring. And we make war, hatred and neglect.

Jesus: You also make cathedrals, symphonies, poems...

Me: They are all things.

Jesus: You also fill the hungry with gifts of food; you make sad people happy by bringing them a present or just by visiting; you banish self-hatred through forgiveness.

Me: You are being very reassuring today.

Jesus: I sense it's what you need.

Me: Look around. What does the rain fall on? Ghettoes, homeless people, abused children, the unemployed, folks who are ridiculed for their color or accents or even their religion.

Jesus: And you wish that?

Me: I wish it fell on joy, happiness, fulfillment, peace, comfort.

Jesus: It does. It falls on the just and the unjust. It falls on you.

Me: And what can I do?

Jesus: What have you done already?

Me: Once, I took in an unwed mother and gave her shelter. But that will not stop abortion.

Jesus: I remember when you reconciled two people at work who were at odds.

Me: The will not stop nations from warring.

Jesus: You are not the Messiah.

Me: I know. I'm sorry. But I feel so helpless sometimes. I want peace in the world.

I want families to be loving. I want addiction to be outmoded word. I want hunger to mean the hope for a place where there is no pain., physical, mental or spiritual.

Jesus: You want this rain to baptize the world?

Me: Wouldn't it be wonderful? The rain could wash away all the sadness and hurt. I could watch it run over the forgotten and cure them.

Jesus: Like living water.

Me: Yes. Like living water. Like you. You have to come into each person for my hopes and wishes to come true. But I know you can't force yourself on people. When water does that, it destroys . It breaks dams and levies; it washes towns away. Or it freezes into ice and cracks cement. You must gently trickle into people and bless them.

Jesus: As I am doing with you.

Me: As I hope you are doing with me. Thanks for the reassurance. I can't change the world, but I can change me and then maybe help those around me to feel your living presence.

Jesus: That's a good wish for Lent.

Reflection Questions:

1. Try to imagine loving someone as unconditionally as God loves everyone. How would your life change?
2. The water of life is imaged throughout today's readings. Who has been a source of life-giving water for you?



*Whoever drinks the water
I give him will never
be thirsty*

4th Sunday of Lent
Gospel Reading: John 9:1-41

What I deserve
Conversation 4

Me: what did I do to deserve this?

Jesus: What?

Me: This headache. It's killing me. And have you seen these bills? Then there's my brother. He's got heart trouble and he isn't expected to live much longer. Why does all this happen to me? I must have gone wrong somewhere.

Jesus: You're blaming yourself for your brother?

Me: And the headache and the bills. And everything else that's wrong.

Jesus: Blame themselves for trouble. Accuse themselves of sinning because something went wrong for them. I've heard people charge themselves with the wickedest things simply because their car won't start in the morning. It would be better to blame the battery.

Me: I suppose. And if I clamed down maybe my headache would go away. But the bills won't. On the other hand, I could stop charging so many things. But what about my brother.

Jesus: It's not your fault.

Me: Why is it that we try to find fault all the time? No, don't tell me. Human weakness, I guess. And the human tendency to want to assign blame all the time even for accidents and illness. Like the blind man in the Gospel. People figured he or his parents must have sinned to cause his handicap. Seems silly until I realize how I do the same thing sometimes

Jesus: You can waste a lot of time doing that. Time you could spend in better ways. See what I mean?

Me: Not always. Sometimes, I don't see. Not clearly anyway. And sometimes I'm stone blind. I can't see what should be so obvious.

Jesus: I can help.

Me: Give me spiritual glasses; that's what I need. Bifocals, Binoculars, on occasion.

Jesus: You just need your eyes cleansed by grace, the way I cleansed the eyes of the blind man with saliva.

Me: He was so much better after that. I don't just mean colors and shapes. I mean he saw inside people. He could tell that his parents were afraid, that the Pharisees were tricksters, that you were the Messiah. I have the feeling he saw very clearly indeed.

Jesus: You can see clearly. too, if you want. If you do as I ask.

Me: Will you ask me to wash in the pool?

Jesus: In a way. You don't need physical healing. You need inner healing. You need to be washed in the Gospels, in prayer, in meditation, in good works, in the Eucharist. Then you will begin to see more and more clearly.

Me: I see what you mean. If I can shrug off some of my worries about the world, if I can forget assigning blame, if I could stop accusing myself of messing up, then I could devote more time to you and my neighbors. Instead of fretting about my brother, I could call him and comfort him, or offer my help to him and his family. My worry won't fix his heart, but my concern and love could ease the situation.

Jesus: Did you hear what you just said? You said "I see what you mean"

Me: So I did, I saw something I didn't see before. I guess you're making me a little less blind to myself and others and

you. It feels good to see this way. It's like wiping the steam off a mirror. It's like--

Jesus:--It's like not seeing through a glass darkly.

Me: Exactly. I never thought of the connection. But I

Jesus: Go ahead.

Me: see!

Reflection Questions:

1. Do you usually make your decisions based on what the Bible says? Or from what society dictates?
2. Imagine if you were blind. Who would you trust to lead you?

5th Sunday of Lent

Gospel Reading: John 11:1-45

Life and Death

Conversation 5

Me: Lord....

Jesus: Yes

Me: My brother. The one I spoke to you about last week. He died a few days ago.

Jesus: I know.

Me: You could have raised him. As you did Lazarus. You could have saved him. You could have given him life.

Jesus: But I did.

Me: I don't mean in heaven. Pardon my questioning you , but you could have given him life on earth.

Jesus: But I did. And I understand your questions. When someone beloved dies, people ask the most important questions of their lives. Still, I repeat, I gave your brother life.

Me: But not enough.

Jesus: What's enough? Tell me about your brother.

Me: Me? Tell you? You know all about him. Didn't he pray every day of his life? Didn't he try to keep every law of the Church? Wasn't he at Mass every week? Who received the sacraments more faithfully? Look at his family--he had his wife's love to last a lifetime and he raised three wonderful children. He was such a great man.

Jesus: And yet you still say I did not give him life. But you just listed so many lively things: love, virtue, prayer, fidelity, commitment. I filled your brother with life.

Me: I never thought of life that way. I was thinking of heartbeats and breathing. But pulses don't define life, I guess. I've heard people say you can be walking around but be dead because you're filled with death. I never really thought about what that means.

Jesus: There are all kinds of death. Think about it.

Me: All kinds? It's not hard to come up with a few. I'll just think of what my brother wasn't. He wasn't depressed, hopeless, negative; he never felt worthless--or made anybody else feel that way. He didn't mope around. And he sure didn't build any castles on earth. He didn't store up grain in bigger silos. His money went to his family and to charity. Power meant nothing to him. Not pride. Possessions? He had none to speak of besides his home and family.

Jesus: He chose life at every turn.

Me: Yes. Yes, he did. A lot of people don't. They bog themselves down. I've seen them--relying on a new car for

self gratification, trying to win approval through their bankroll, manipulating people. My brother wasn't like that at all.

Jesus: No, he wasn't. He asked me every day for life and I gave it to him. In abundance. In blessing after blessing.

Me: He was happy. Always happy.

Jesus: He's happy now forever. He has life forever.

Me: But not here like Lazarus. And that is hard to accept.

Jesus: I know the feeling. My friends died. The death of Lazarus nearly tore me apart. But don't think that your brother did not have a full life. He had that and more.

Me: I would like that too. I would like to be filled with new life the way he was.

Jesus: I'll take that as your prayer for today. Along with your questions. Rest now and we'll talk some more soon.

Reflection Questions:

1. God is a God of the living. What area in your existence needs to be untied, as Lazarus was, in order to come back to life.
2. Do you fear death? What makes you scared of it?



Lazarus, come out

6th Sunday of Lent- Palm Sunday

Gospel Reading: Matthew 26:14-27

The End Conversation 6

Me: I made it. I can't believe it. Six weeks of Lent and I made it. They're nearly over. When we start talking, I doubted, but now it's almost Easter. Thank you, Lord.

Jesus: Do I detect a Palm Sunday rejoicing?

Me: You mean the sort which welcomes you on Sunday and crucifies you on Friday?

Jesus: It occurred to me.

Me: I guess I am rushing things. Lent is not over yet. The saddest week is yet to come. It's just that I've felt such a change in me over this time. When we started, I was so hesitant, confused, unsure. Now I feel renewed.

Jesus: But don't forget one thing this renewed feeling must last. For it to last it must be constantly reaffirmed. And it must survive challenges. The alleluias of this Sunday have to sustain you through the weeping of Good Friday and then through the remainder of the year and the rest of your life.

Me: I think I can make it.

Jesus: Then there is just one more thing to do.

Me: What's that?

Jesus: Help me. There... take that side of the cross and help me carry it.

Me: Well..

Jesus: What's wrong?

Me: It's just that it's pretty heavy. And besides you're just speaking symbolically. You don't have to die again. That happened once for all time. So don't ask me to lift, okay?

Jesus: You don't understand. It's not my cross. It's yours. I was offering to help you; I wasn't asking you to help me.

Me: Suddenly, I don't feel so palmy anymore. I was excited and enthusiastic there for a while. Now I'm feeling a little weaker.

Jesus: But I'm going to help you. When you stumble, I'll be there. When the going gets cobbled, I'll be there. When you're in pain, I'll be there.

Me: Will you? Always? I'm afraid of what lies ahead. Right now, it's Palm Sunday. I feel good and welcome. But when you said I had to make it through the year I thought of all the problems which could occur and all the distractions I could face and all the temptations ahead of me. I got scared. Maybe you could help in another way by removing all the problems I might have to face.

Jesus: You sound like me in the Garden, I asked my father to take the cup from me.

Me: But he didn't.

Jesus: NO

Me: And so you said "Thy will be done."

Jesus: Yes.

Me: You allied yourself with the Father. You depended on Him. You surrendered to His wisdom and love.

Jesus: I did.

Me: And now you want me to do the same.

Jesus: The same.

Me: You want me to say, "Thy will be done" and "Help me with my cross" and "Bring me to the everlasting life which lies beyond Golgotha."

Jesus: That's what we have been preparing for over the last six weeks.

Me: But I'm frightened.

Jesus: I know how you feel. I know the fright, the uncertainty, the doubts, the pain, the worry. I've been through it once myself. So I know the way. And I'll be with you all along the path.

Me: Promise?

Jesus: I am with you always.

Me: Then, thy will be done. Let's go.

Reflection Questions:

1. Have you, or anyone close to you, ever been personally exposed to violence? How did you react? How did it change your life, or your lifestyle?
2. Have you, like Jesus, experienced the fickleness of people who vacillate between admiration and condemnation? Have you ever been among the fickle, especially in situations with groups of friends?



Hosanna! Blessed is He who comes in the name of the Lord

The Beatitudes

Happy are those who know they are spiritually poor; the Kingdom of God belongs to them!

Happy are those who mourn;
God will comfort them!

Happy are those who are humble;
they will receive what God has promised!

Happy are those whose greatest desire is to do what God requires; God will satisfy them fully!

Happy are those who are merciful to others; God will be merciful to them!

Happy are the pure in heart;
they will see God!

Happy are those who work for peace;
they will be called God's children!

Happy are those who are persecuted because they do what God requires; the Kingdom of heaven belongs to them!

Matthew 5:3-10

Our Catholic Life

The Corporal Works of Mercy

The Corporal Works of Mercy tell us what we should do as followers of Jesus to relieve the physical suffering of others.

Feed the hungry.
Give drink to the thirsty.
Shelter the homeless.
Clothe the naked.
Care for the sick.
Help those imprisoned.
Bury the dead.

The Spiritual Works of Mercy

The Spiritual Works of Mercy tell us how we care to help ease the spiritual needs of others.

Share knowledge.
Give advice to those who need it.
Comfort those who suffer.
Be patient with others.
Forgive those who hurt you.
Give correction to those who need it.
Pray for others



Blessing and Giving of Ashes

Ash Wednesday is the first day of Lent. On this day the Church burns the palms blessed on Palm Sunday from the year before. The ashes of the palms are blessed by the priest who says:

“Dear friends in Christ,
let us ask our Father
to bless these ashes
which we will use
as the mark of our repentance.”

We come forward to receive the ashes.
As the priest places the ashes on our
forehead in the Sign of the Cross he says:

“Turn away from sin and be faithful
to the gospel,” or
“Remember, man, you are dust
and to dust you will return.”

Ashes are an ancient sign of sorrow for
sin and repentance. Christians begin the
Lenten season of penance by receiving
them.

Blessing and Giving of Palms

The Sunday before Holy Week is called
Passion Sunday or Palm Sunday. On
Palm Sunday we remember the day on
which Jesus Christ rode into Jerusalem
on a donkey and was greeted by the
people with great joy. They welcomed
Him as the Son of David, the Messiah.
They broke off palm branches from the
trees and waved them in the air,
shouting:

“Hosanna to the Son of David!
Blessed is he who comes
in the name of the Lord!”

On this day, the Church blesses palms
before Mass. The palms are given out to
the people who hold them during the
reading of the Gospel. Many Christians
bring the palms home and keep them as
a remembrance of the saving work of
Jesus Christ “our Messiah and King.”

(Pages 19-28 taken from Prayers
and Practices for Young Catholics
c.1987- Sadlier Publications)

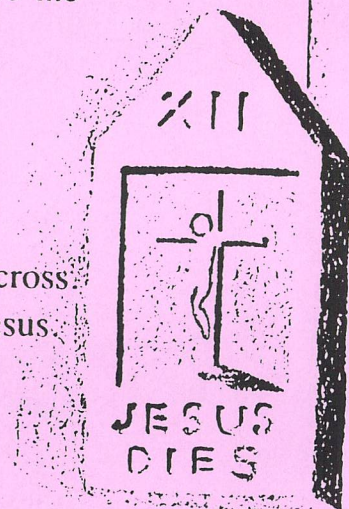
The Way of the Cross (Stations)

There are fourteen "stations" or stops along the Way of the Cross. At each one, we pause and think about what is happening at the station. These are the fourteen stations:

1. Jesus is condemned to die.
2. Jesus takes up His cross.
3. Jesus falls the first time.
4. Jesus meets His Mother.
5. Simon helps Jesus carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of His garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

Here is a prayer that the Church gives us to pray at each station.

We adore you, O Christ, and bless you, because by your holy cross you have redeemed the world.



The Sacrament of Reconciliation

God sent Jesus Christ, God's only Son, to show us how to live and how to love. Jesus taught us that to be truly God's children we must live according to God's law—the Ten Commandments (see page 34) and the Law of Love. The Law of Love tells us:

- We must love God with all our hearts.
- We must love our neighbor as we love ourselves.

Sometimes we fail to live as God wants us to. When we do something that we know is against God's law, we sin. God never stops loving us even when we sin, and to bring us back to forgiveness and love, God has given us the sacrament of Reconciliation. This is how to receive Reconciliation:

1. I examine my conscience.
2. I confess my sins to the priest.
3. The priest gives me a penance.
4. I say an Act of Contrition (see pages 13 and 17).
5. The priest gives me absolution.

The Ten Commandments

The Ten Commandments are the laws God gave the people to help them live in peace and justice as God's own people.

1. I am the Lord your God, who brought you out of slavery. Worship no god except Me.
2. You shall not misuse the name of the Lord your God.
3. Remember to keep holy the Sabbath day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not tell lies against your neighbor.
9. You shall not want to take your neighbor's wife or husband.
10. You shall not want to take your neighbor's possessions.

From Exodus 20:1-17

An Examination of Conscience

I examine my conscience by thinking about the things I have said and done that are not according to God's law. I ask myself *why* I said or did those things. Remember: temptations, accidents, and mistakes are not sins. Here are some questions to ask.

Love God with all your heart.

Do I pray often?

Do I go to Mass each week?

Do I use God's name carelessly or in anger?

Love others.

Do I obey my parents and those who are responsible for me?

Am I honest and truthful or have I taken something that belongs to others? Have I cheated? Have I lied?

Have I said unkind things about others? Have I tried to be kind to others?

Love yourself.

Do I take care of my body?

Do I eat properly?

Do I avoid harmful things like drugs and alcohol?

Act of Contrition

O my God, I am sorry for my sins.
In choosing to sin,
and failing to do good,
I have sinned against You
and Your Church.
I firmly intend,
with the help of Your Son,
to make up for my sins
and to love as I should.

From the Sadlier Religion Program

When Someone I Love Dies

Jesus, I don't understand,
but I believe You when You say
that we will live forever with You.
Look upon . . . and bring (him/her)
to Your Kingdom of joy and peace
to be with You forever. Amen.



Acts of Contrition

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

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

*Suggested prayers from the
Rite of Reconciliation*

*Additional Act of
Contrition on
page 17.*

