

### Penance Service

To prepare ourselves to better continue the journey to wholeness as a person and to better appreciate the gift of life and of God and of people, let us call to mind the times we have been selfish or have sinned: (respond "I am sorry Lord")

1. For the many times we did not seek to discover God in others.
2. For lack of confidence and trust in God.
3. For the times we have been afraid to show our religious convictions.
4. For the gifts and talents we have failed to cultivate.
5. For the lack of responsibility concerning our duties.
6. For the times we have refused to help those in need.
7. For having spoken untruthfully about others.
8. For the times we have taken our parents and families for granted.
9. For the times we have disregarded human love.
10. For ridiculing those who act according to their convictions.
11. For having been the cause of ill feeling between others.
12. For the times we have spoken about others without consideration.
13. For the times we have been afraid to show our true feelings for others.
14. For having neglected our human dignity or that of others.
15. For discriminating against others because of race, religion, or nationality.

Feel free to add your own petitions.

God, forgive this lack of love in our lives as you so often forgave it in those who were close to you. Help us today and everyday to live your presence in our lives so that we may be reminders of you to those around us. Give us the strength to love until it hurts and then to keep loving so that we may be one even as you are one with your Son and the Spirit. Amen.