

Season of Lent - Week Three

Pray

*Loving and merciful God,
Help me to continue this Lenten journey with an open heart, so that I
may draw more closer to you. May my life reflect the love, mercy and
compassion that You have for me. And in those moments when my life
does not reflect Your love, mercy and compassion, may I have a
humble and contrite heart to know my imperfections. Amen.*



Introduction - The Rite Explained

It's not easy to admit when we've done something wrong— or failed to do something right. But when we learn to trust in God's mercy, we don't have to be afraid to face our sins. That mercy is present to us in a very real way in the confessional through the ministry of the priest. God's merciful love shapes every word and action of the sacrament, and when we prepare for it honestly and prayerfully, we will be open to receiving the fullness of his grace.

Video

Forgiven: The Transforming Power of Confession

Session 3: The Rite Explained

Watch the video episode ~ Session 3 “The Rite Explained”

To access the video: log onto www.formed.org

- Click “**sign up**” to register for a **free** account.
- Choose “sign up as a parishioner.”
- Create a new account either enter Canton Catholic Community (1860 Washington St.) or enter 02021.

It is easy to register, you simply use your email address and create a password. Once on the Formed site: **Go to the "Programs" tab at the top of the page and choose "The Sacraments" from the drop down and select the program "Forgiven."**

Reflection - The Rite Explained

The God who created us knows exactly what we need—and he offers it to us in the Sacrament of Reconciliation. In the last session we looked at the depth and beauty of God’s mercy. We saw that we are not defined by our mistakes; we are defined by the Father’s love for us. And in his great love, God desires to truly heal us as well as cleanse us of our sins in Confession.

In this session we will look more closely at the Rite of Penance and how we can prepare ourselves to receive it. God, in his wisdom and mercy, has given us a beautiful gift in the Sacrament of Reconciliation. In the Rite of Penance, we find both a human experience of sorrow and forgiveness as well as a real divine encounter and the spiritual reality of grace and healing. While the human aspect of it often



makes us feel uncomfortable—no one likes to list all of their failures and mistakes for someone else to hear—the priests who share their perspective on the sacrament assure us that it is a joy and a privilege to witness this intimate encounter of forgiveness and healing.

Visit formed.org for additional content and reflections.



Meditation

Mercy O God - Francis Patrick O'Brien

<https://youtu.be/HNBU4gaAFZM>

Responding to God's Grace

This week spend time with God in prayer.

Use the resource below for a reflection on the Sacrament and a guide to Confession, and visit formed.org for additional content and reflections.

<https://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/upload/Bulletin-Insert-Penance-ENG.pdf>

Take some time in quiet prayer and ask the Holy Spirit to help you make an examination of conscience. An examination of conscience can be found using the link above.

Spirit of truth, guide me as I examine my life. Give me the wisdom to see all my thoughts, words, actions, and inaction as you do. Give me the courage to acknowledge my sins. Give me the humility and strength to confess my sins. And give me the grace to trust wholeheartedly in your mercy and forgiveness. Amen.

Prayerfully consider, “**In what ways have I not loved God with my whole heart, soul, mind, and strength? In what ways have I failed to love my neighbor as myself?**”

*Penance is an act of love in response to
forgiveness -
it is not a way to earn forgiveness.*

Content contains excerpts from the [formed.org](https://www.formed.org) Forgiven Study Guide.
Please visit [formed.org](https://www.formed.org) for the complete content and workbook.