

LENT

PRAYER & PENANCE

2018

THE LIGHT IS
ON FOR YOU

"EVEN NOW, SAYS THE LORD,
RETURN TO ME WITH YOUR
WHOLE HEART..." JOEL 2:12



Catholic Diocese of Baton Rouge

It is not enough to simply ask the Lord for forgiveness in one's own mind and heart because Jesus himself entrusted to the Church the ministry of the forgiveness of sins. It is necessary humbly and trustingly to confess one's sins to a minister of the Church. In the celebration of this Sacrament, the priest represents not only God but also the whole community. - Pope Francis.

An Invitation

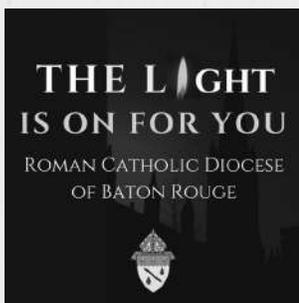
We enter into the liturgical season of Lent with a spirit of hope. This is a time to reflect, renew and rejoice in the mercy of God through the sacrifice of Jesus, who upon the cross, redeemed mankind.

As the People of God, we are called to reflect upon actions which cause separation between ourselves, God and others. In response, we are invited with contrite hearts to turn away from sin and return to God in the Sacrament of Reconciliation in order to receive healing and to be restored. This ultimately renews hope as we rejoice in God's eternal mercy and desire for all to be in union with Him.

This a personal invitation to receive the Sacrament of Reconciliation during this season of prayer and penance with joyful hope that today, and each day following, the light is always on for you.

It's been a while since my last confession.

- First, don't be afraid. Jesus said, "Heaven rejoices more for one repentant sinner than for 99 righteous persons who never needed to repent." The priest will be so happy you've returned to confession after many years.
- Second, try to prepare with the help of a good examination of conscience sheet, but the priest will know that you cannot remember your sins with the precision of someone who came the previous week.
- Third, get the largest sins off of your shoulders first.
- Fourth, don't be afraid to ask the priest for help; most confessors are experts in leading someone in your circumstances through an examination of the "big stuff" in the confessional.
- Finally, don't wait. Come back to be reconciled to your loving Father, set off the celebration in heaven, and share your Father's joy!



For more details call (225) 336-8760

Media Resource Support

Preparation	Office of Evangelization & Catechesis https://evangcatbr.org/light
Video Aids	CatholicLife Television http://www.catholiclifetv.org/
Reconciliation Times	Catholic Commentator http://thecatholiccommentator.org

How do I examine my conscience well?

- One does so by asking for God's help and prayerfully examining one's actions in the light of Christ's teaching and example.
- Some review their behavior by the Ten Commandments, others by Christ's command to love God and love others, others by their correspondence to the beatitudes, others by comparing their behavior to the most important Christian virtues, and others by the seven "capital" sins (pride, envy, anger, sloth, greed, lust and gluttony).
- It is not enough merely to focus on how one has broken God's "rules," but rather how one has damaged his relationship with God and others and hurt himself interiorly.
- It is also important to examine for sins of omission.