



*[If you haven't already, begin your meal with meal prayer, then take turns reading these boxes aloud, following the directions where applicable]*

## Contrition

During Lent, Catholics are encouraged to grow their relationship with God through prayer, fasting, and almsgiving.

Lent is a good time to make a commitment to grow in prayer.

This might be adding an additional prayer time to your daily routine or adding a new kind of prayer. There are many kinds of prayer - many ways of talking to God.

Examples include:

Daily Mass  
Liturgy of the Hours  
Daily Scripture Readings  
Adoration  
Daily Examen  
Surrender Novena

Prayers of contrition, meaning regret or sorrow, are especially appropriate for Lent. We are sinners who as Christians know that we have turned away from our Father. A prayer of contrition is a turning back to God.

Examples include praying the:

Act of Contrition  
Stations of the Cross  
Psalm 6, 32, 38, 51, 102, 130, 143  
Sorrowful Mysteries of the Rosary  
Chaplet of Divine Mercy  
Examination of Conscience

## Reconciliation

The Sacrament of Reconciliation is one of the most impactful ways to deepen your prayer life and grow in contrition during Lent.

Every time we sin, we hurt ourselves, other people and God.

In Reconciliation, we acknowledge our sins before God and His Church (confession). We express our sorrow in a meaningful way (contrition), receive the forgiveness of Christ and His Church (absolution), make reparation for what we have done and resolve to do better in the future (penance).

To prepare, we review our lives since the last time we received the sacrament, searching our thoughts, words and actions for ones which did not conform to God's command to love Him and one another through His laws and the laws of His Church. This is called an examination of conscience.

See the brochure in the handouts for this week for a guide to the steps of reconciliation.

It doesn't matter whether it has been months or years since you last attended reconciliation, God wants to share His merciful love with you!

## Discussion

*[These questions are a spark for conversation, not a strict outline.]*

- How has the last week of Lent been? What has been challenging? How has your relationship with God grown?
- Have you ever attended the sacrament of reconciliation before? Describe the experience and how you experienced God's mercy.
- When will you next attend reconciliation? Make a plan as a family.
- How are you growing in prayer during Lent?
- How will you practice contrition?

## Activity & Prayer

*[For this activity section, you will need the additional resource provided by the parish. If you don't have it, you can download it on our website]*

Review the ideas for ways to add prayer to your daily life - see more details in the handouts. Choose one that interests you from the list to try tonight. Discuss if there are any you could commit to either individually or as a family during Lent - perhaps one to practice throughout Lent, or one to try each week of Lent, etc.

## Extras

Detailed ideas for prayer during Lent:  
<https://media.ascensionpress.com/2020/02/14/20-out-of-the-box-things-to-do-for-lent-2020/>

More ideas on what to fast from if you're still looking:  
<https://media.ascensionpress.com/2019/03/04/25-weird-things-to-give-up-for-lent/>

Consider using the Hallow app for growing Catholic Prayer habits:  
<https://hallow.com/>

Pray more novenas (9 day prayers) at  
[Praymorenovenas.com](http://Praymorenovenas.com)

## Sacramental Life

This week students who are preparing for First Reconciliation and Confirmation will all gather at the church to celebrate the sacrament of reconciliation.

We will gather in Jennings Hall March 8 starting at 6:00p.m.

## Looking Ahead

For Next Week, March 15:

- See the parish or website for additional handouts and coloring pages

Upcoming:

- Confirmation AND First Reconciliation/Communion Students - your whole family should plan to attend on April 12 6-7:30 pm at St Augustine for a formation night.

