



DIOCESE OF SCRANTON

ROOTED IN CHRIST

LENT 2022



MERCY *Monday*



The Light is On For You

*Celebrate the Sacrament of Reconciliation*

**The Light is On for You** is an initiative of the Diocese of Scranton where Catholic churches across our eleven counties are open for quiet prayer and Confession on Monday night's from 5:30 to 7:00pm.

**Click here to find a parish near  
you**



*Why should I go?*  
Lent is the perfect time to renew and restore your relationship with Jesus and with the Church as we prepare to celebrate Easter.

God loves each of us. We have been created by God and placed in this world to know, love, and serve Him. Unfortunately, we do not always show our love for God in our words and actions. There are times when we turn away from God. These moments when we chose to do wrong or avoid what is good are sins. The good news is that God has given us a way to turn back to Him with our whole heart. He has given us the Sacrament of Reconciliation.

The Church must be a place of mercy freely given, where everyone can feel welcomed, loved,

forgiven and encouraged to live the good life of the Gospel. – Pope Francis, (*The Joy of the Gospel*, 114)

*Before*

*Confession*

Confession can seem intimidating for a lot of people, but with some simple preparation, it can be a healing encounter with Christ that fills us with peace. Pray that God will give you peace and help you make a good confession. Reflect on ways you have harmed your relationship with God, yourself & others. Feel free to use one of the Examination of Conscience resources below.

*Therefore let's  
approach the throne  
of grace with  
confidence, so that we  
may receive mercy  
and find grace for help  
at the time of our  
need.*

*Hebrews 4:16*



*During*

*Confession*

**Greeting:** The priest will welcome you; he may say a short blessing or read a Scripture passage.

**Sign of the Cross:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: "Bless me, Father, for I have sinned. It has been (give weeks, months, or years) since my last confession."

**Confession:** Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: “I am sorry for these and all my sins.”

**Penance:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

**Act of Contrition:** Say an Act of Contrition, expressing sorrow for your sins and resolving to leave sin behind and live more like Jesus Christ!

**Absolution:** The priest then blesses you in the person of Christ as he says the prayer of Absolution which frees you from your sins

## ***“Go in peace”***

As you consider this beautiful gift of the Sacrament of Reconciliation, reflect on these words of absolution offered by the priest and realize the great love and mercy that awaits you.

*During the COVID-19 pandemic, parish schedules may change on a daily basis. Contact your local parish for the latest information on how to receive the Sacrament of Reconciliation.*

### **Other Resources**

[Examination of Conscience for Adults](#)

[Examination of Conscience for Children](#)

[Making a Good Confession Video](#)

[Pew Card](#)

[Confession Resources](#)

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Diocesan Annual Appeal. Thank you for your generosity!

Diocese of Scranton  
**2021** **DIOCESAN**  
ANNUAL APPEAL 

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