

COMMUNAL (Responsorial) ACT OF CONTRITION P-017 (8)

Leader: Let us come into God's healing presence.

All: Come Holy Spirit. Help us to call to mind our sins, confess sincerely, and change our lifestyle.

Leader We confess we are captured by sin and can't free ourselves.

All Happy are they who walk in the way of the Lord.

Leader First let us confess our faith in the goodness of God.

Group A To the whole world we joyfully confess our faith in Jesus Christ, true God, and true man.

Group B Who lived, died and was raised to live forever so we can have our sins forgiven and live forever with Him.

A To this same Christ we sorrowfully confess That we've failed Him and His people, and we humbly beg the precious forgiveness he won for us on the cross.

B Rid our lives of sin, O Lord.

A Rid us of selfishness and all evil.

B Lord have mercy on us sinners.

A In so many ways we've slipped away from you, Lord.

B Thank you for inviting us back.

Leader We have failed God and each other..

All By our sinfulness. Through our own fault.

A Through our negligent fault.

B Through our unexcused fault.

All And we ask in faith, for the new start you promised. Therefore, we confess our sinfulness to almighty God. and admit our wrongdoing to Christ alive in His Church. WE have sinned against you, Abba Father, in thought, word and deed.

Leader We haven't lived up to the plan of our Creator.

A. We haven't loved you with all our hearts.

B We haven't loved our neighbor as ourselves. Lord have mercy on us.

All Here we stand, confessing in the presence of Heaven and Earth. Before Mary, our mother, the mother of the Body of Christ, and before all the angles and saints.

A In front of St. Michael, the Glorious Archangel. (1

B Before St Peter, Paul, and John, and all the apostles and disciples, and the martyrs who died for Christ.

A In the presence of God's people in the Bible, the Prophets and leaders.

B Before my brother and sister saints, missionaries, virgins, popes, clergy, religious, and every day holy people.

A In front of our Guardian angels, Our holy forparents, ancestors, relatives and friends who have gone to Heaven.

All In the presence of all these we admit our failure to love as we should. and in the presence of each other here on Earth and before the throne of Almighty God our Father, we confess That we've offended mankind and God.

B By our wrongdoing.

A By our sinful lifestyle and our failure to do good.

All We have sinned in our hearts and minds as well as in our bodies. We have sinned with words and actions, in the wrong we've done and loving duties left undone.

B Deliver us from evil, Lord. Free us from sin.

A Yes, cleanse our lives of the pollution of sinfulness.

Leader May the Holy Spirit give us an abhorrence of all sin.

B Lord have mercy

A Christ have mercy on us.

All Lord show us your mercy and love. Save us from the mess we've gotten into. We're really sorry we offended you. We're sorry for the harm we've caused ourselves, our victims, our world, and our church, by not measuring up to your plan for us. We are sorry our sinfulness weakened the Church. We're sorry our failures robbed your mystical Body of power, and hindered your master plan. We're sorry we interrupted Your plan for a perfect world, and slowed the coming of your

kingdom. We're sorry we didn't achieve the happiness and fulfillment you want us all to have.

Leader We hate our sinfulness.

B Partly because we don't want to lose Heaven.

A And we fear the kind of justice we really deserve both here on Earth and in Eternal misery.

B But mostly we're ashamed of our sinful selves standing here before you, Lord.

A We know you made us good and gave us good gifts in a good world. (2)

All We want to be better friends with you, with your people and with all Heaven. We want to each be a child of God. You are so good, Lord, and deserving of all our Love. We each make a firm resolution, that with the help of your grace we'll always admit our sins, detest them, and try to make up for them somehow.

B We are determined to sin no more.

A And to avoid any person, place, or thing that might lead us back to sinfulness.

B. Because we really want to change our lifestyle.

A. We confess our part in the sinfulness and shortcomings of our society, church, and nation. we repent of our complacency.

Leader: We are afraid, Lord, to face much of our sinfulness. We have become clever at keeping it hidden, even from ourselves, because if we see it clearly, we might have to change.

B: Give us courage, O Jesus, to take an honest look at ourselves.

All We ask the Holy Spirit to help us see ourselves as we really are, to decide strongly for a better lifestyle, and to empower us to live this new life. Come Holy Spirit, help us to see and admit our faults, weaknesses and wrongdoings. Help us decide firmly to improve our lifestyle, and to cooperate with God's grace of forgiveness, especially as ministered by Christ alive in His Church.

B In so many ways, we've slipped away from you ,Lord. Thank you for calling us back again.

A We know how much you love us.

Leader Help us , Holy Spirit to be fully aware of our weaknesses, Yet even more aware of your love and forgiveness. Help us to repent without being overwhelmed by guilt or feelings of uselessness. We know , Lord, that You created us as a masterpiece; that you took our guilt on the cross, and offer us a new start. We are worth while and beautiful in your sight , O Lord.

B Release us of any hardness of heart, that we may forgive those who trespass against us.

A And may anyone we have hurt forgive us as you do, Lord, and not harden their hearts against us

All Help us each improve our personal friendship with Jesus. Help us learn to love our God more and more, with every gift and talent He's given us.

B We know how much you love us , Lord.

A. Come Holy Spirit, help us to admit our faults, weaknesses and wrongdoings. (3)

B: Help us decide firmly to improve our lifestyle and cooperate with God's grace of forgiveness, especially as ministered by Christ alive in His Church.

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(The following, or another appropriate examination may be led by someone appointed for the purpose.)

Please close your eyes and think about the following.

1. Is prayer and the Christian way important in my life?
2. Have I missed Mass or Religion Class without good reason?
3. Have I talked disrespectfully about God and Church.
4. How have I failed to love my parents and family?
5. Do I do my share of work at home?
6. Have I hurt my own life and body with drugs, alcohol, self abuse?
7. Have I hurt other people in any way?
8. Have I risked my life and the life of others with an automobile?
9. What is my attitude toward legitimate law and authority?
10. Have I misused the sexual gifts God gave me for marriage?
11. Do I respect marriage commitments?
12. Have I deliberately spent time planing or day dreaming sinful things?

13. Do I gossip or tell lies?
14. Do I steal or cheat?
15. Have I damaged another's property or good name?
16. Have I given a bad example to younger people?
17. Am I concerned about the needs and problems of others?
18. Is my heart open to God so He can help me?
19. What other sins am I aware of in my life?
20. Do I truly love Jesus, and accept His love for me?

Leader: We know how much you love us, Lord.

B Therefore we're each especially sorry for the sins you bring to mind now.

All Speak in our silence, Lord.

.... (moment of silence)
(option, quiet tongues prayer)

Leader: For these and all our sin, we are truly sorry.

All Father God, for the sake of your Son, Jesus, who is alive in us, have mercy on us, forgive us, renew us, lead us, show us your love and kindness.

A Give us a growing abhorrence of sin. Help us see how horrible sin really is.

B. Help us understand the harm our wrongdoing does to God's great plan for His creation.

All: Yes, help us be acutely aware of our general and specific sinfulness
Yet equally aware of your forgiveness and love; for You, O Lord, have created us and you did a good job. . We are worthwhile and valuable in Your sight.
(4)

Leader: Jesus taught us to ask God to forgive us our trespasses as we forgive those who trespass against us. Therefore let us forgive our brothers and sisters.

All: Heal our hearts, O Lord, of any knots of unforgiveness we may harbor. We freely forgive old hurts and new. We forgive our parents, and families, our pastors and teachers, and all others living and dead who hurt us in any way at any time.

A: Release us, O Lord, of any hardness of heart, so we may freely forgive

those who trespass against us.

B: And inspire people we have hurt to forgive us too, Lord.

Leader: As God forgives us, let us also forgive one another, as Jesus taught us to pray.

All: Lord's Prayer; Our Father, who art in heaven.....etc.....

Leader: Deliver us from evil, Lord. Free us from sin. Cleanse all sinfulness out of our lives.

All: For Thine is the Kingdom, and the power, and the glory, forever and ever. Amen.

Leader: Let us forgive one another with a sign of peace.
(people shake hands or embrace one another with appropriate words, such as, "May we be forgiven, in Jesus' holy name.")

Note: If available, Sacramental Confessions may take place at this time.
If Sacramental Confession is not available:

1.) Each go to a different part of room and face away from each other as much as possible. Kneel,(or stand,) and privately confess your sins to God and ask His forgiveness. (about two silent minutes)

2.) All stand in a circle with right hand on the shoulder of the person to your left.

(say together): May our Almighty and Merciful God forgive you and all of us, as we also forgive each other, in Jesus' Holy Name. Amen.

Leader In the strength of Jesus, our Savior, We turn away from wrongdoing, and the false glamour of popular society.

All Lord have mercy.

A: We renounce the Devil and all his empty promises.

B: We re-affirm our baptismal commitment to God, His way, and to His people the Church.

A: We ask our Virgin Mother, and all the population of heaven, and all God's people on earth to pray for us.

B: May Almighty God have mercy on us, erase our sins, and bring us to everlasting life. Amen. Thank you Jesus. Amen. (5

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