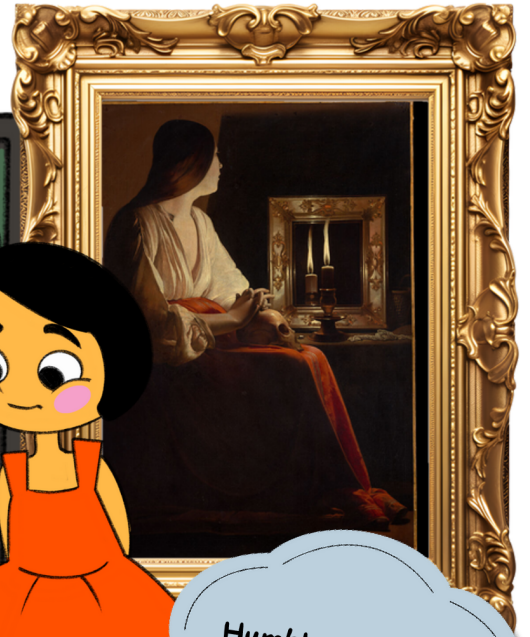


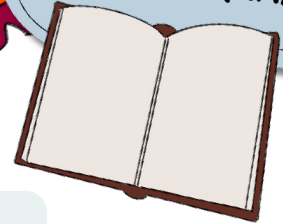
Penitential Act

Penitential Act

1. The penitential act does **NOT** replace confession.
2. True penitence is being determined to not sin again.



Humble yourselves
before the Lord and
he will exalt you.
-James 4:10 (NAB)



Fill in the Blank

Fill in the blanks in the prayer below using the word bank.

Lord our God thoughts Mary ever-Virgin
words brothers and sisters Angels and Saints

I confess to almighty God, and to you, my _____, that I have greatly sinned through my _____ and in my _____, in what I have done, and in what I have failed to do; through my fault, through my fault, through my most grievous fault; therefore I ask blessed _____, all the _____, and you, my brothers and sisters, to pray for me to the _____.



Did You Know?

During the Penitential Act, participants in the Mass lightly beat their chests as they say, "Through my fault, through my fault, through my most grievous fault."

Penitents (those confessing) in the Early Church would make their confessions in front of the whole congregation!



Reflection Questions

Pause to reflect on how what we do and think affects how we connect with Jesus.

Think about a time you did something (or didn't do something) that made you feel distant from a loved one.

Now think about a time a friend or family member showed kindness and mercy to you, even though you had hurt them.

Response of Confession

Use your reflections to guide a conversation of confession with God, who loves you.

Take a moment to tell God about everything that makes you feel like something is off in your relationship. Share any sin that is weighing on your heart, and listen to how He responds.

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with Jesus.

Close your eyes, and imagine that you are holding your heart in your hands. What does it look like? Are there any wounds, stains, bumps, or blemishes on it? Is it hot? Cold? Notice how Jesus looks at you and looks at your heart. Watch as He gently takes your heart and restores it.

