

The Pray More Lenten Retreat Study Guide

The Joy of Reconciliation

by Elizabeth Ficocelli

“Every time you go to confession, immerse yourself entirely in My mercy, with great trust, so that I may pour the bounty of My grace upon your soul. ... Tell souls that from this fount of mercy souls draw graces solely with the vessel of trust. If their trust is great, there is no limit to My generosity.”

– Saint Faustina

Reflective Questions

- When was the last time that you went to the sacrament of Reconciliation? Has it been a long time? If so, why? What was your experience during and after your last confession?
- Is going to Reconciliation difficult for you? Are there sins that you are too ashamed to admit out loud? Have you not forgiven yourself for any sins? Know that not being able to forgive yourself is the evil one's work. Take courage in the grace of God's forgiveness and know that you are worthy of God's forgiveness!
- Challenge yourself to go to Reconciliation before Easter this Lent. That way, you can also be made new and clean through the resurrection of our Lord! Remember, Reconciliation is a positive, hopeful and healing word!
- Reconciliation is a sacrament of healing and strength designed to help us in our day-to-day spiritual journey. Look at confession as spiritual maintenance. Just as you need to do periodic maintenance of your car, the soul also needs periodic spiritual maintenance. As this great sacrament is made for us to use continuously so that we may become more holy – try to make going to Reconciliation a habit where you go regularly.
- After going to Reconciliation, what was your experience? Remember that when we go to confession regularly we become strengthened and receive

fortitude to avoid temptation. We also become more loving and more forgiving to ourselves and to others.