

Padre Pio Prayer Anthology
Prayer # 57

Focus Point: As March's scriptures focus on confession and forgiveness, could we incorporate them into our Lenten sacrifices? Do we regularly go to Confession and if not, how could we return to the sacrament? We could start with Examination of Conscience, which includes thinking about what we want to be forgiven for, as well as forgiving those who have hurt us, even when they have not asked for forgiveness! Confession is a powerful Sacrament that helps us to receive the gift of mercy and gives us a feeling of peace. Confessing our sins and receiving a penance helps us to feel "lighter" and makes our hearts feel more desirous to receive the most precious gift, the Sacrament of Holy Eucharist! The season of Lent can be so much more than just "giving up" something. It can be a season of "adding on" something that is of great benefit to our hearts and souls, the Sacrament of Confession! Let us pray that our Lenten sacrifices will include making a good personal confession and extending to others our sincere personal forgiveness! As Fr Joy explains, "Lent can be the beginning of our inner personal renewal, repentance and reconciliation !"

Prayer for a Meaningful Lent.

Dear Lord, during this season of Lent, please help me to remember that Jesus sacrificed His life so that our sins could be forgiven. Remind me that I need to show forgiveness to others and to humbly seek my own forgiveness through the Sacrament of Reconciliation. May I be truly sorry for my sins, be blessed with the wisdom to learn from my mistakes, and have the ability to make the proper amends. Thank you for blessing me with Your gifts of mercy and grace. Inspire me to turn away from sin in the future! This Lent, may my relationship with You strengthen, may my faith grow, and may Your love lead me to a life filled with opportunities to show charity to others! Amen.