

PENITENTIAL SERVICE



“Create in me a clean heart, O God; and
renew a right spirit within me.” Psalm 51:10

***ALL SAINTS CATHEDRAL
LENTEN RETREAT***

Father: In the name of the Father and of the Son and of the Holy Spirit

All: Amen

Father: May grace, mercy and peace be with you from God the Father and Christ our savior

All. And also with you.

Father: Let us kneel and read together Psalm 130

Out of the depths I cry to you, O LORD!
O Lord, hear my voice!
Let your ears be attentive
to the voice of my supplications!
If you, O LORD, should mark iniquities,
O Lord, who could stand?
But there is forgiveness with you,
that you may be revered.
I wait for the LORD, my soul waits,
and in his word I hope;
my soul waits for the Lord
more than those who watch for the morning.
O Israel, hope in the LORD!
For with the LORD there is steadfast love,
and with him is great power to redeem.
And he will redeem Israel
from all its iniquities.

Father: Glory be to the Father, and to the Son and to the Holy Spirit,

All: As it was the beginning is now and ever shall be world without end. Amen

Stand.

Father: The Lord be with you

All: And also with you.

Father: Let us Pray:

Almighty and merciful God, you have brought us together in the name of your Son, our Lord Jesus Christ, to receive your mercy and grace in our time of need. Open our eyes to see the sins we have committed. Where sin has brought weakness, may your power heal and strengthen; where sin has divided and scattered, may your love make one again. Give us a new heart to love and serve you and one another. We ask this through the same Jesus Christ, your son, who lives and reigns with you and the Holy Spirit one God forever and ever.

All: Amen

Reader1: We take some time now to place ourselves in the shoes of those in the Gospel who received the Lords Jesus' help.

O Lord here I am

- I am the sheep that wandered of into the wilderness, alone hungry, afraid.
- I am your son who took the inheritance and squandered it
- I am the one the robbers beat and left half dead on the road to Jericho

All: Lord have mercy, Christ have mercy, Lord have mercy

Reader 2: O Lord, here I am

- I am in sinking boat... and you are asleep
- I am in the crowd of 5,000 hungry and need of food... and your disciples say they can't help
- I am deaf and want to hear, blind and want to see.

All: Lord have mercy, Christ have mercy, Lord have mercy

Reader 1: O Lord, here I am

- I am the person with leprosy saying, "Lord, if you wish you can make me clean"

- I am Martha, busy and very, very frustrated
- I am Peter who denied you

All: Lord have mercy, Christ have mercy, Lord have mercy

Reader 2: O Lord, here I am, weak, afraid, tired and confused.

I am sinful. No excuses. Here I am as I am. I am all of the above. But Lord, in all of the above you were able to do whatever you had to do to set things right. You healed... searched out the lost one... calmed the storm... forgave the sinner. Do the same for me, for us. I need your healing. I need your forgiveness.

All: Lord have mercy, Christ have mercy, Lord have mercy

Father: The Lord be with you

All: And also with you

Father: A reading from the Holy Gospel according to St. John

All: Glory be to You o Lord

I am the true vine, and my Father is the vine grower. He takes away every branch in me that does not bear fruit, and everyone that does he prunes so that it bears more fruit.

You are already pruned because of the word that I spoke to you.

Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me.

I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing.

Anyone who does not remain in me will be thrown out like a branch and wither; people will gather them and throw them into a fire and they will be burned.

If you remain in me and my words remain in you, ask for whatever you want and it will be done for you.

By this is my Father glorified, that you bear much fruit and become my disciples.

Father: This is the Gospel of the Lord

All: Praise be to You, Lord Jesus Christ

Father: May the Lord be in your hearts and your lips that you may worthily confess your sins. In the name of the Father, and of the Son and of the Holy Spirit

All: Amen

Please make examination of your conscience now

Reader 1: Blessed are the poor in spirit, for theirs is the kingdom of heaven

- Do I acknowledge God as the source of all good in my life, praying in gratitude during good times and for help in bad times? Or do I regard my achievements as totally my own doing?

/Silent pause/

- Have I been faithful to my commitments, and used my time well? Do I take good care of those who are dependant on me?

/Silent pause/

Reader 2: Blessed are they who mourn, for they will be comforted.

- Have I offered support to those who are suffering or grieving? Do I visit the sick?

/Silent pause/

- Do I share what I have with those in need?

/Silent pause/

Reader 1: Blessed are the meek, for they will inherit the land.

- Am I grateful to God in prayer? Do I thank people for what they do for me?

/Silent pause/

- Have I been honest in my dealings with others?

/Silent pause/

Reader 2: Blessed are they who hunger and thirst for righteousness, for they will be satisfied

- Am I envious of what other people have or of their relationship? Do I seek justice for others, especially for the poor and weak?

/Silent pause/

- Are family and friends more important to me than material possessions? /Silent pause/

Reader 1: Blessed are the merciful, for they will be shown mercy.

- Do I ask for forgiveness of those I have offended? Have I forgiven those who have injured me?

/Silent pause/

- Am I willing to give others the benefit of the doubt? Or do I judge some people quickly and harshly?

/Silent pause/

Reader 2: Blessed are the peacemakers, for they will be called children of God.

- Do I gossip? Do I contribute to conflict by harsh criticism or bitterness?

/Silent pause/

- Do I avoid conflict altogether rather than doing what I can to heal divisions?

/Silent pause/

Dear brothers in Christ, knowing that we have been saved from sin and death we can face truth and ask forgiveness in these words:

I confess to the Lord, God Almighty, One in the Blessed Trinity, Who by His Holy Spirit permeates the universe, but above all the soul of the man. I confess, before Him and His Holy Church, all the sins that I have committed in thought, word and deed. I confess that by my sins I have severed the ties uniting me with my Creator. I have disobeyed His Holy Laws. I have wandered from the path of righteousness, and thus brought injury to myself and my neighbor. By my fault, by my fault, by my own great fault. Moved to the depths of my soul, because of my many offenses, I am heartily sorry; I firmly resolve to amend my life and with Your help, O God, I earnestly desire to follow the road of life shown me by Jesus Christ, my Lord and savior. Forgive me, O Merciful God, pardon me my sins, and you Reverend Father, grant me absolution.

Father: Penance

Father: Strike your breast three times saying: God have mercy on me a sinner.

Father: May almighty God be merciful to you, grant you remission of your sins and lead you to life everlasting.

All: Amen

Father: Absolution

Our Lord Jesus Christ absolve you and through the power given unto me by Him, I do absolve you from all your sins, in the Name of the Father and of the Son and of the Holy Spirit.

All: Amen

Father: May the Passion of our Lord Jesus Christ, the merits of the Blessed Virgin Mary and all the Saints lead you on the road to eternal life. Go in peace and sin no more.

All: Amen.