

# How To Make A Spiritual Act of Reconciliation

Use this process to make a “Spiritual Confession” when the Sacrament of Reconciliation is not available or you are unable to go to Confession.

Take a moment to reflect on the Gospel parable about the Forgiving Father:

*“After a few days, the younger son collected all his belongings and set off to a distant country where he squandered his inheritance on a life of dissipation. When he had freely spent everything, . . . he hired himself out to one of the local citizens who sent him to his farm to tend the swine. And he longed to eat his fill of the pods on which the swine fed, but nobody gave him any. Coming to his senses he thought, ‘How many of my father’s hired workers have more than enough food to eat? . . . I shall get up and go to my father and I shall say to him, ‘Father, I have sinned against heaven and against you. I no longer deserve to be called your son; treat me as you would treat one of your hired workers.’” (Luke 15.13-19)*

Use these questions to examine your life:

- What behaviors or attitudes would you be ashamed for your mother, spouse or children to know about?
- What have you done or said that you wish you could take back or undo?
- What unhealthy or harmful habits or addictions do you struggle with?
- Do you engage behaviors or attitudes that make you feel like a fraud or a hypocrite?
- If you met Jesus today, what behaviors or attitudes would you ask him to forgive?

Express this desire in your own words, or words similar to this:

**O Lord, I am sorry for the ways I fail to be the person you want me to be. I know that becoming the person you want me to be is a gradual process, but I fail often – sometimes on purpose and sometimes by accident. I ask your forgiveness for the mistakes I have made and the wrong I have done. I ask for healing and reconciliation with the people I have hurt. I ask for the perseverance and patience to try harder and do better. I believe that you are a loving and compassionate God, like the Forgiving Father in the parable. I embrace your forgiveness and trust in your mercy. Amen.**

Identify anyone who has been harmed by your behavior and decide to make amends or ask for forgiveness. Decide how or what you want to change, and make a firm resolution to do so.

Close this meditation by reflecting on the compassion of the Forgiving Father:

*“While he was still a long way off, his father caught sight of his son, and was filled with compassion. He ran to his son, embraced him and kissed him. His son said to him, ‘Father, I have sinned against heaven and against you; I no longer deserve to be called your son.’ But his father ordered his servants, ‘Quickly bring the finest robe and put it on him; put a ring on his finger and sandals on his feet. Take the fattened calf and slaughter it. Then let us celebrate with a feast, because this son of mine was dead, and has come to life again; he was lost, and has been found.’” (Luke 15.20-24)*