A LITURGICAL PREPARATION AID

FOR LENT
THE SACRED PASCHAL TRIDUUM
AND THE EASTER SEASON

2022

Courtesy of the
Federation of Diocesan Liturgical Commissions
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BY HIS WOUNDS YOU HAVE BEEN HEALED

A PENANCE SERVICE FOR LENT 2022

A RITE FOR RECONCILIATION OF SEVERAL PENITENTS
WITH INDIVIDUAL CONFESSION AND ABSOLUTION

Introductory Rites
Opening Hymn
Greeting
Introduction
Opening Prayer

Celebration of the Word of God
First Reading
Responsorial Psalm
Second Reading
Gospel Verse
Gospel
Homily
Examination of Conscience

Rite of Reconciliation
General Confession of Sin
Litany of Repentance
Lord’s Prayer
Concluding Prayer
Individual Confession of Sin and Absolution
Proclamation of Praise for God’s Mercy

Concluding Rite
Blessing
Dismissal
Closing Hymn
PREPARATION

- Hospitality Ministers should be recruited to welcome the assembly as they arrive and to distribute worship aids.

- At least two readers should be appointed to proclaim the reading(s), to read the Examination of Conscience, and to lead the Litany of Repentance. They are to be seated in the assembly.

- A musician and cantor(s) should lead the assembly in song. Instrumental music may be played during individual confession. (A list of music suggestions is included herein.)

- A Bible or Lectionary should be readied with the appropriate readings.

- Lighting may be subdued. Candle(s) should be lit at the ambo.

- Stations for confessors should be prepared. Priests might stand or sit in isolated areas around the main body of the church to receive penitents. In this way, the communal nature of the rite is maintained. Candles may light these stations.

- For the sake of simplicity, the presider alone or the presider and preacher could participate in the procession. Other priests could be seated in the sanctuary or in a reserved area before the liturgy begins.

INTRODUCTORY RITE

OPENING HYMN

See suggestions herein

GREETING

Presider: Grace and peace be with you from God our Father and from the Lord Jesus Christ who laid down his life for our sins.

All: Glory to him for ever. Amen.
INTRODUCTION

Presider: God calls each of us here tonight [today] to the sacrament of Reconciliation. We come to acknowledge our sins and to seek God's forgiveness. As we approach this sacrament of mercy, let us be mindful of Christ’s sacrifice on the Cross.

Let us be grateful that he bore our sins on that Cross on Calvary – once, for all. Let us always be mindful that by his wounds we have been healed. And may we pray to be worthy of so great a sacrifice.

OPENING PRAYER

Presider: Brothers and sisters, God calls us to conversion; let us therefore ask him for the grace of sincere repentance.

Silent prayer

Father of mercies and God of all consolation, you do not wish the sinner to die but to be converted and live. Come to the aid of your people, that they may turn from their sins and live for you alone. May we be attentive to your word, confess our sins, receive your forgiveness, and always be grateful for your loving kindness. Help us to live the truth in love and grow into the fullness of Christ, your Son, who lives and reigns with you and the Holy Spirit, God for ever and ever.

All: Amen.
The following are suggested readings. Alternate readings may be selected. The preacher may wish to use one, two, or three readings. If only one is chosen, it is preferable that it be the gospel.

The readings are printed elsewhere in this booklet, for ease of rehearsal. A Lectionary or Bible should be used during the liturgy.

FIRST READING Isaiah 52:13-53:12
He was pierced for our offenses.

RESPONSORIAL PSALM Psalm 32:1-2, 5-11
Lord, forgive the wrong I have done.

SECOND READING 1 Peter 2:20b-25
By his wounds you have been healed.

VERSE Through wood we became slaves, and through the holy Cross we were freed; the fruit of the tree seduced us, the Son of God redeemed us.

Today you will be with me in Paradise.

HOMILY
First Reading
Exodus 20:1-17 The Law was given through Moses.
Deuteronomy 6:2-6 Hear, O Israel: you shall love the Lord your God with all your heart.
Deuteronomy 11:18, 26-28, 32 I put before you today a blessing and a curse.
Deuteronomy 30:15-20 I set before you life and prosperity, death and evil.
2 Samuel 12:7-10, 13 The Lord on his part has forgiven your sin.
Sirach 28:1 Forgive your neighbor…your sins will be forgiven.
Isaiah 5:1-11 Turn to the Lord for mercy…our God who is generous and forgiving.
Ezekiel 36:23-28 I will sprinkle you with clean water…
Joel 2:12-18 Rend your hearts, not your garments.

Responsorial Psalm
Psalm 19 Lord, you have the words of everlasting life.
Psalm 27 The Lord is my light and my salvation.
Psalm 30 I will praise you, Lord, for you have rescued me.
Psalm 36:2-13 How precious is your unfailing love, Lord.
Psalm 51:3-6,12-15 Be merciful, O Lord, for we have sinned.
Psalm 85 Lord, let us see you kindness and grant us your salvation.
Psalm 95 If today you hear his voice, harden not your hearts.
Psalm 113:1-2, 4-6, 7-8 Praise the Lord who lifts up the poor.
Psalm 147 Praise the Lord, Jerusalem.

Second Reading
Romans 5:6-11 We were reconciled to God through the death of his Son.
Romans 6:2-14 Think of yourself as being dead to sin and living for God in Christ Jesus.
Romans 13:8-10 Love is the fulfillment of the law.
2 Corinthians 5:6-10 We aspire to please the Lord.
2 Corinthians 5:17-6:2 We are ambassadors for Christ, ministers of reconciliation.
Galatians 2:16, 19-21 I live, no longer I, but Christ lives in me.
Galatians 3:7-14 Those who have faith are blessed along with Abraham who had faith.
Philippians 4:4-9 The Lord is near… think about whatever is worthy of praise.
1 John 1:5 - 2:2 Jesus is expiation for our sins.
Ephesians 2:4-10 By grace you have been saved.
Ephesians 5:8-14 Live as children of the light.
Ephesians 6:10-13, 18 Put on the armor of God.

Gospel
Matthew 5:17-19 I did not come to abolish the law, but to fulfill it.
Matthew 9:1-8 Rise and walk, your sins are forgiven.
Matthew 9:9-13 I have come not to call the just, but sinners.
Matthew 19:16-26 If you wish to be perfect, go, sell what you have.
Mark 12:28b-34 Love the Lord your God. Love your neighbor.
Luke 7:36-50 The woman anoints the feet of Jesus… Your sins are forgiven.
Luke 15:1-7 Rejoice with me because I have found my lost sheep.
Luke 15:1-3, 11-32 There will be great joy in heaven over one sinner who repents.
Luke 19:1-10 The Son of Man has come to search out and save what was lost.
Presider: Brethren,
our Father knows all our failings,
but asks us to call them to mind
so that we may seek out his forgiveness.

Minister #1: Am I attentive to God’s presence in prayer and worship?
- Do I pray daily?
- Do I receive the sacraments regularly?
- Do I keep Sundays and holy days sacred?
- Do I fulfill my commitments as a member of my faith community?
- What is my attitude toward the sacrament of reconciliation?
- Have I tried to grow in the life of the Spirit through prayer and the reading of the word of God?
- Do I trust God’s goodness and providence, even in times of crisis and doubt?

Minister #2: In my daily living, do I act as a child of God?
- Do I respect my own body as a gift from God?
- Do I control my vices, including abuses of food and drink?
- Have I made good use of the gifts God has given me?
- Do I work too hard and too long? Do I neglect my family and health?
- Have I been lazy and given too much time to leisure or entertainment?

Minister #1: Do I reflect the mercy of God in my relationship with others?
- In my household, have I contributed to the well-being and happiness of the rest of my family? Am I patient? Am I loving?
- Do I treat my parents with respect?
- Am I ever angry with those I love?
- Have I been faithful in my relationships?
- Have I imposed my will on others without respecting their freedom and rights?
- Am I intolerant of other’s ideas or needs?
- Have I perpetuated racism, prejudices and stereotypes?
- Do I treat people with disabilities with respect?

Minister #2: Do I bring the love of God to the world?
- Do I share my time and my treasure with others in need?
- Do I fail to speak out on behalf of the poor or the oppressed?
- Have I accepted suffering as a share in the suffering of Christ?
- Have I indulged in reading, conversation, or entertainments that are contrary to Christian decency and respect for human life?
- Do I use the earth’s resources wisely?
- Do I purchase material goods that I don’t really need?

Minister #1: Will I accept the forgiveness of God and change my way of life?
- Am I ever afraid to act in a Christian manner, afraid of what others might think?
- Is the hope of eternal life my inspiration for all I do?
- Do I sincerely want to be set free from sin, turn again to God, and resolve to begin again?
- Do I forgive others who have offended me?
RITE OF RECONCILIATION

GENERAL CONFESSION OF SIN

Presider: Brothers and sisters,
Let us call to mind the goodness of God our Father,
and acknowledge our sins,
so that we may receive his merciful forgiveness.

All: I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
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 Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

LITANY OF REPENTANCE

Presider: Christ our Lord was given up to death for our sins
and rose again for our justification.
Let us pray to him with confidence in his goodness.

Presider: You were sent with good news for the poor
and healing for the contrite.

All: Lord, have mercy.

Presider: You came to call sinners, not the just.

All: Lord, have mercy.

Presider: You forgave the many sins of the woman who showed
you great love.

All: Lord, have mercy.

Presider: You did not shun the company of outcasts and sinners.

All: Lord, have mercy.

Presider: You carried back to the fold the sheep that had strayed.
All: Lord, have mercy.

Presider: You did not condemn the woman taken in adultery, but sent her away in peace.

All: Lord, have mercy.

Presider: You promised Paradise to the repentant thief.

All: Lord, have mercy.

Presider: You are the atonement for our sins and the sins of the world.

All: Lord, have mercy.

Presider: You became the source of salvation for all who obey you.

All: Lord, have mercy.

LORD’S PRAYER

Presider: Let us now pray to God our Father in the words our Savior gave us, and ask him for forgiveness and protection from all evil.

All: Our Father,...

CONCLUDING PRAYER

Presider: Deliver us, Father, from every evil as we unite ourselves through penance with the saving Passion of your Son. Grant us a share in the joy of the Resurrection of Jesus who is Lord forever and ever.

All: Amen.
The presider or other minister might tell the assembly where the confessors will be located. Some brief words regarding the manner of confessions should be given. The people may be encouraged to accept one of the penances which are found in the worship aid or the confessors may give a penance suited to the individual. The assembly may be advised to remain in church if there is to be a common ending. Quiet instrumental music might be played during this time.

PRAYER OF ABSOLUTION

Confessor:  
God the Father of mercies,  
through the death and resurrection of his Son,  
has reconciled the world to himself  
and sent the Holy Spirit among us  
for the forgiveness of sins;  
through the ministry of the Church,  
may God give you pardon and peace,  
and I absolve you from your sins  
in the name of the Father, and of the Son,  
and of the Holy Spirit.

Penitent:  
Amen.

PROCLAMATION OF PRAISE FOR GOD’S MERCY

A psalm, hymn, or litany may be prayed in acknowledgment of God’s power and compassion. See the enclosed music suggestions or use one of the Scripture citations below.

Psalm 32: 1-7, 10-11   Psalm 145: 1-21
Psalm 54   Psalm 146:2-10
Psalm 66   Isaiah 61: 10-11
Psalm 95   Daniel 3:52-57
Psalm 100: 1-5   Ephesians 1:3-10
Psalm 103: 1-4, 8-18   Revelation 15: 3-4
Psalm 119: 1, 10-16, 18, 33, 105, 169-170, 174-175
CONCLUDING PRAYER OF THANKSGIVING

Presider:  Lord God,  
creator and ruler of your kingdom of light,  
in your great love for this world,  
you gave your only Son for our salvation.  
His cross has redeemed us,  
his death has given us life,  
his resurrection has raised us to glory.  
Through him  
we ask you to be always present among your family.  
Teach us to be reverent in the presence of your glory;  
fill our hearts with faith,  
our days with good works,  
our lives with your love;  
may your truth be on our lips  
and your wisdom in all our actions,  
that we may receive the reward of everlasting life.  
Through Christ our Lord.

All:  Amen.

CONCLUDING RITE

BLESSING

Presider:  May the Father bless us  
for we are his children, born to eternal life.  
All:  Amen.

Presider:  May the Son show us his saving power,  
for he died and rose for us.  
All:  Amen.

Presider:  May the Spirit grant us his gift of holiness  
and lead us by the right path.  
All:  Amen.

Presider:  May almighty God bless you, the Father,  
and the Son, ✞ and the Holy Spirit.

DISMISSAL

Presider:  The Lord has freed you from your sins. Go in peace.  
All:  Thanks be to God.
A reading from the Book of the Prophet Isaiah

Who would believe what we have heard?
   To whom has the arm of the LORD been revealed?
He grew up like a sapling before him,
   like a shoot from the parched earth;
There was in him no stately bearing to make us look at him.
   nor appearance that would attract us to him.
He was spurned and avoided by people,
   a man of suffering, accustomed to infirmity,
One of those from whom people hide their faces,
   spurned, and we held him in no esteem.

Yet it was our infirmities that he bore,
   our sufferings that he endured,
while we thought of him as stricken,
   as one smitten by God and afflicted.
But he was pierced for our offenses,
   crushed for our sins;
upon him was the chastisement that makes us whole,
   by his stripes we were healed.
We had all gone astray like sheep,
   each following his own way;
but the LORD laid upon him
   the guilt of us all.

Though he was harshly treated, he submitted
   and opened not his mouth;
like a lamb led to the slaughter
   or a sheep before the shearsers,
   he was silent and opened not his mouth.

But the LORD was pleased
   to crush him in infirmity.
If he gives his life as an offering for sin,
he shall see his descendants in a long life,
and the will of the L ORD shall be accomplished through him.

Because of his affliction
he shall see the light in fullness of days;
through his suffering, my servant shall justify many,
and their guilt he shall bear.
Therefore I will give him his portion among the great,
and he shall divide the spoils with the mighty,
Because he surrendered himself to death
and was counted among the wicked;
and he shall take away the sins of many,
and win pardon for their offenses.

The word of the Lord.

RESPONSORIAL PSALM

Psalm 32:1-2, 5, 7-11

R. Lord, forgive the wrong I have done.
Blessed is the one whose fault is taken away,
whose sin is recovered.
Blessed the man to whom the L ORD imputes not guilt,
in whose spirit there is no guile

R. Lord, forgive the wrong I have done.

Then I acknowledged my sin to you,
my guilt I covered not.
I said, “I confess my faults to the L ORD,”
and you took away the guilt of my sins.

R. Lord, forgive the wrong I have done.

You are my shelter; from distress you will preserve me;
with glad cries of freedom you will ring me round.

R. Lord, forgive the wrong I have done.

Be glad in the L ORD and rejoice, you just;
exult all you upright of heart.

R. Lord, forgive the wrong I have done.
SECOND READING

1 Peter 2:20b-25

A reading from the first Letter of Saint Peter

Beloved:
If you are patient when you suffer for doing what is good,
this is a grace before God.
For to this you have been called,
because Christ also suffered for you,
leaving an example that you should follow in his footsteps.
He committed no sin, and no deceit was found in his mouth.

When he was insulted, he returned no insult;
when he suffered, he did not threaten;
instead, he handed himself over to the one who judges justly.
He himself bore our sins in his body upon the cross,
so that, free from sin, we might live for righteousness.
By his wounds you have been healed.
For you have gone astray like sheep,
but you have now returned to the shepherd and guardian of your souls.

The word of the Lord.

VERSE BEFORE THE GOSPEL

cf. Lectionary 973 (Votive Mass of the Holy Cross)

Through wood we became slaves,
and through the holy Cross we were freed;
the fruit of the tree seduced us,
the Son of God redeemed us.
A reading from the holy Gospel according to Luke.

When the soldiers came to the place called the Skull, they crucified Jesus and the criminals there, one on his right, the other on his left.

Now one of the criminals hanging there reviled Jesus, saying, “Are you not the Christ?”

Save yourself and us.

The other man, however, rebuking him, said in reply, “Have you no fear of God, for you are subject to the same condemnation?

And indeed, we have been condemned justly for the sentence we received corresponds to our crimes, but thus man has done nothing criminal.”

Then he said, “Jesus, remember me when you come into your Kingdom.”

He replied to him, “Amen, I say to you, today you will be with me in Paradise.”

The Gospel of the Lord.
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