



PERSONAL PENANCE SERVICE



SALT OF THE EARTH AND LIGHT OF THE WORLD

Beginning:

(+) God come to my assistance, Lord make haste to help me.

Opening Prayer:

Father, we are filled with the new light by the coming of your Word among us. May the light of faith shine in our words and actions. Grant through our Lord Jesus Christ, your Word who became Flesh that I may make a good examination of conscience and may have true contrition for my sins. I ask this through your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

Scripture Reading: Mathew: 5:13-16.

“You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father. “

Quick Reflection:

The interesting thing in this passage is that Jesus does not place a qualification on our being salt and light. He does not say “that you are the salt of the earth and the light of the world if you follow me,” but rather he says “you are the salt.... You are the light of

the world.” We are the image of God. Do we allow the image of God shine forth from us and to preserve others or do we hide our light and allow others to fall?



Examination of Conscience:

1. Have there been times where I have not acted as a child of God?
2. Have there been times where I have assaulted people physically or with my words?
3. Have I done everything I could to preserve people's dignity?

4. Are there parts of me that are blocking God's goodness from coming out of me?
5. Do you use your talents for God's glory?
6. Does your way of life lead people to the truth of the Gospel?
7. Do you hide your talents from others?
8. Have you thanked God for your talents?
9. Do you take the time to pray? Do you give glory to God?
10. Have you made fun of other people's talents?
11. Have you disparage other people from following God?
12. Do I spend my day dark and gloomy?
13. Do I doubt my own goodness?
14. Do I live as a child of God?

Time for Individual Confession

At this time, you should go and celebrate the Sacrament of Reconciliation with the priest and afterwards come back and pray your prayer of thanksgiving in addition to your penance.

Prayer of Thanksgiving

God and Father, I praise you, the source of all that I have and am. Teach me to acknowledge always the many good things your infinite love has given me. Help me to love you with all my heart and all my strength. I ask this through Christ our Lord Amen.

Blessing

May almighty God bless me (+), protect me from all evil and bring me to everlasting life. Amen



Act of Contrition

Lord Jesus hanging on the Cross, I raise sorrowful and shameful eyes to you. You have granted me untold blessings and I have repaid you by contributing to your Passion and death. My hands took part in your scourging, my voice was among those who denied you and called for your death, my thoughts brought about your crowning with thorns, my sins drove the nails into your hands and feet, the lance into your side.

Dear Lord, forgive me for all these sins. You are great, glorious, and infinitely good; I am insignificant, selfish, and hopelessly sinful. But I am sorry for all my sins, and by the Bloodshed in your Passion, I beg for forgiveness and for a share in your love and grace.