

Lenten Penance

Jesus loves us so much he sacrificed his life for our sins and rose from the dead on the third day. During Lent, a six-week period of preparation for Easter, the Church prepares for the great gift of Jesus' resurrection and the rescue from our sins. This preparation is called penance and includes prayer, fasting, and almsgiving. You too are asked to do penance.

Penance is a way to make up for your sins and show God you are truly sorry for the things you have done wrong. Spend a few moments thinking about some of the things you may have done to hurt others, yourself, and God. Now think of some things you can do to make up for those actions and some ways you can change so that they don't happen again. On the cross below, write or draw an action you can take to make up for your sins. Hang the cross in your room at home or in the classroom to remind you of your Lenten penance. You may want to receive the sacrament of reconciliation during this time as well.

Prayer

Dearest Jesus,
Thank you for the gift of your cross.
I need you Lord, be with me this Lent.
Have mercy on me and forgive my sins.
I ask this in your name, Amen.

