

Prayer at Home



The End of Lent

**Liturgy
Office**
ENGLAND
& WALES

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Preparation

*This prayer may either be used by a household group or an individual. Where there is a group, texts said in response to a Leader are in **bold**.*

The end of Lent is traditionally a time for seeking reconciliation and peace in the sacrament of Penance. In this prayer, you are celebrating God's compassion and the grace of forgiveness and reconciliation.

Since it is not possible for the faithful to receive Holy Communion at this time, and into the future, the Bishops of England and Wales have dispensed the Easter Duties for the year 2020.

The Bishops have asked that all should make a Perfect Act of Contrition at this time. Perfect contrition (or a Contrition of Charity) is true and real sorrow for our sins which is created when we realise the immense love of God for each one of us. We express this contrition when we realise how we offend God by our sinful words, deeds and omissions in contrast to the immeasurable love and mercy that he continually shows us.

This requires us to be contrite of heart for what we have done, know and be overwhelmed by the love and mercy of God for his children, and to approach this grace with humility and resolution not to sin again.

Introduction

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

Penitential Act

Have mercy on us, O Lord.

For we have sinned against you.

Show us, O Lord, your mercy.

And grant us your salvation.

Gospel

A reading from the holy Gospel according to John.

At the Last Supper, Jesus said to his disciples:

'As the Father has loved me, so I have loved you.

Remain in my love.

If you keep my commandments you will remain in my love, just as I have kept my Father's commandments and remain in his love.

I have told you this so that my own joy may be in you and your joy be complete.

John 15: 9-14

This is my commandment:

love one another, as I have loved you.

A man can have no greater love than to lay down his life for his friends.

You are my friends, if you do what I command you.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Reflection

Spend a few minutes in silence to reflect on Jesus' words. Then reflect in silence on the following:

How well have you remained in Jesus' love.

Are there times when you have not been kind and helpful?

Have you spoken badly of others or held a grudge against someone?

Do you care for the environment and respect the property of others?

Act of Contrition

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good,

I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance,

to sin no more, and to avoid whatever leads me to sin.

Our Saviour Jesus Christ suffered and died for us.

In his name, my God, have mercy.

Lord's Prayer

We ask God's forgiveness in the words Jesus himself gave us:

Our Father, who art in heaven,

hallowed be thy name;

thy kingdom come,

thy will be done

on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil.

May God bless us and keep us safe.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.