

St. Simon Parish Lent Reconciliation Service - Monday, March 25th, 2024

Reflection

Jesus's deepest desire is that we be one as He and The Father are one. Let us consider how we are the answer to Jesus's prayer by giving all of our pains and hurting over to God's limitless mercy. If you are able, please kneel, otherwise, you may remain seated.

Close your eyes and picture God's limitless mercy, a flowing and gentle sea of love wide enough to hold all of creation. See yourself in this sea of mercy, the waters healing your pains, washing away your burdens. Think about what pains and hurts you are keeping that need to be giving over to God. Consider the fractures in the relationships that need mending as we silently reflect on these questions:

- Where in my life am I not nourishing a life of unity with God, with family and friends, with strangers, with people I disagree with, with myself?
- How can my living in oneness allow me to see God in myself and everyone else, even those who I have hurt and those who have hurt me?
- What unfinished forgiveness am I carrying in my heart?
- When I consider how others have hurt me, how can I complete the forgiveness I need by giving my hurts over to God?
- Have I not always forgiving myself of the hurts I have caused others?
- How can I forgive myself fully, heal fractures and allow myself to live in unity with others?
- In what ways have I lived in disharmony with nature?
- How can I live in harmony with nature employing gentleness and care?
- How can I be an answer to Jesus's prayer? What steps can I take to be as one?

