

# FINDING FORGIVENESS *in* LENT



Reflections *on the*  
Power of Reconciliation

Creative  
Communications  
Sample

CHRISTOPHER KLOFFT

## ASH WEDNESDAY

*O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.*

### ACT OF CONTRITION

**A** **T THE BEGINNING OF THIS LENTEN SEASON,** let's take stock of ourselves as we walk with Jesus toward the cross. We might ask ourselves, *Where have I failed to live up to my call to be holy? When will I take the opportunity to make things right in my relationship with God in the sacrament of reconciliation?*

## THURSDAY *after* ASH WEDNESDAY

*Before you are judged, seek merit for yourself,  
and at the time of visitation you will have ransom.  
Before you have fallen, humble yourself;  
when you have sinned, show repentance.  
Delay not to forsake sins,  
neglect it not till you are in distress.*

**SIRACH 18:19-21**

**O**NLY ONE DAY AFTER THE START OF LENT, and already the resolve of yesterday takes a hit from the challenges and chores of day-to-day life. I have to take this seriously. I need to make a sincere commitment to the practices of Lent—prayer, fasting and almsgiving. These practices will humble me and keep me from falling into worse patterns. If I don't take this seriously, I'll miss the fullness of joy awaiting me at Easter.

## FRIDAY *after* ASH WEDNESDAY

*Men may deprive me of property and honour;  
sickness may take away my strength and other means  
of serving You; I may even lose Your grace by sin; but  
never, never will I lose my hope in You.*

**ST. CLAUDE DE LA COLOMBIERE,  
ACT OF HOPE AND CONFIDENCE IN GOD**

**N** O MATTER WHAT HARDSHIPS COME TO ME IN LIFE, even when I am the victim of other people's malice or disinterest, I will trust in you, Lord. And no matter what failures I bring with me to the cross, even when I know that I am the one to walk away from you, I will trust in you. I trust your power to save me even when I am my own worst enemy.

## SATURDAY *after* ASH WEDNESDAY

*And in this mortal life mercy and forgiveness  
are the path which always leads us to grace.*

ST. JULIAN OF NORWICH,  
SHOWINGS

**A**LL OF US ARE ON A PATH TOWARDS UNION WITH CHRIST, which can only come about by his mercy. And Christ is always eager to give his mercy to us; he offers it as a free gift, as a grace. In order for us to receive this grace, we, too, must be willing to show mercy and forgiveness to one another. Christ's saving action is already at work in our lives in and through all of our relationships. When we can forgive others, we, too, can be forgiven in turn. Every act of forgiveness thus brings us one step closer to complete, joyful union with him.

## FIRST SUNDAY *of* LENT

*Before Christ...we are all invited to make a profound examination of conscience. ...Today, the First Sunday of Lent, seemed to me the right occasion for the Church, gathered spiritually round the Successor of Peter, to implore divine forgiveness for the sins of all believers. Let us forgive and ask forgiveness!*

ST. JOHN PAUL II, HOMILY,  
MARCH 12, 2000

**E**VERY DAY I MUST MAKE A SERIOUS EXAMINATION OF CONSCIENCE. In my examination of conscience, I ask myself, *am I being truly honest with myself? Are there areas of my life in which I need to make serious changes, but am too scared or selfish to do so? Are there resentments that I am holding on to, especially with members of my own family?* Let me be bold in forgiving and in asking for forgiveness!

## MONDAY, FIRST WEEK of LENT

*Sometimes men and women prefer the darkness to the light because they are attached to their sins. Nevertheless it is only by opening oneself to the light and only by sincerely confessing one's sins to God that one finds true peace and true joy.*

POPE BENEDICT XVI, ANGELUS,

MARCH 18, 2012

**T**HE DARKNESS IS OFTEN A SCARY PLACE. But if we're being honest, sometimes we prefer it. In the darkness, we're alone, no one can see us, we feel like we don't have to be responsible for what we can't see around us. Persisting in our sins is like sitting in darkness. It can be easy, comfortable. But we can never see things as they really are. We can never see how beautiful things could be. Let's leave the darkness of our sins and walk in the light!

## TUESDAY, FIRST WEEK of LENT

*One cannot live without seeking forgiveness... especially in the family. We wrong one another every day. ...However, what we are asked to do is to promptly heal the wounds that we cause, to immediately... There is a simple secret to healing wounds and to avoiding recriminations. It is this: do not let the day end without apologizing...*

POPE FRANCIS, GENERAL AUDIENCE,

NOVEMBER 4, 2015

**T**HE FAMILY IS A “DOMESTIC CHURCH.” This means that the reality of the Church as a whole—its call to love and sacrifice, its help in promoting holiness and virtue, its witness of what God’s love looks like—is also contained in miniature within the boundaries of the family. Especially during this season of Lent, we can strengthen the whole Church, then, just by fostering within our own households a greater community of forgiveness.



## WEDNESDAY, FIRST WEEK of LENT

*Good and upright is the LORD;  
thus he shows sinners the way.  
He guides the humble to justice,  
he teaches the humble his way.  
All the paths of the LORD are kindness and constancy  
toward those who keep his covenant and his decrees.  
For your name's sake, O LORD,  
you will pardon my guilt, great as it is.*

PSALM 25:8-11

**N** O MATTER WHAT WE HAVE DONE IN OUR LIVES, no matter how far we have fallen, God remains good. In his goodness, he desires nothing more than for us to come back to him. If we let go of our own self-centeredness and place ourselves humbly before him, he will gently guide us in the way we should go, and he will forgive us all of our sins.

# FINDING FORGIVENESS *in* LENT

**E**XPERIENCE THE JOY OF FORGIVENESS EACH DAY OF LENT AS YOU LEARN MORE ABOUT BOTH RECEIVING IT AND GRANTING IT! God's mercy awaits us, no matter how frequently we have turned from him. In *Finding Forgiveness in Lent*, author Christopher Klofft invites readers to seek out God's mercy, to forgive others and, perhaps most difficult of all, to forgive themselves.

Klofft reminds us that, "The gracious sacrifice of love has made possible the restoration of all creation!" Allow his insights, along with the words of Scripture and quotes from saints and popes, to guide you through Lent and toward a more grace-filled Easter.

This book, along with many other *Creative Communications for the Parish* products, is available on [amazonkindle](#) and [nook](#)