

## THE LITANY OF FORGIVENESS

Lord Jesus Christ, you said:  
Blessed are the poor in spirit,  
for theirs is the Kingdom of heaven.  
Yet we are preoccupied with money and worldly goods  
and put our trust in what we possess  
rather than in your care for us.

Have mercy on us,  
O Lord, have mercy on us.

Lord Jesus Christ, you said:  
Blessed are the gentle,  
for they shall inherit the earth.  
Yet we are so concerned about our own rights and self-interest  
and so little concerned about serving others.

Have mercy on us,  
O Lord, have mercy on us.

Lord Jesus Christ, you said:  
Blessed are those who mourn,  
for they shall be comforted.  
Yet we are impatient under our burdens  
and unconcerned about the burdens of others.

Have mercy on us,  
O Lord, have mercy on us.

Lord Jesus Christ, you said:  
Blessed are they who hunger and thirst for righteousness,  
for they shall have their fill.  
Yet we do not thirst for you,  
the fountain of all holiness,  
and we are satisfied with half-measures and mediocrity.

Have mercy on us,  
O Lord, have mercy on us.

Lord Jesus Christ, you said:  
Blessed are the merciful for they shall receive  
mercy. Yet we are so quick to condemn, so slow to forgive.

Have mercy on us,  
O Lord, have mercy on us.

Lord Jesus Christ, you said:

**Blessed are the pure of heart,  
for they shall see God.  
Yet we have often regarded persons  
created in your image as objects of our own lusts  
and cannot raise our eyes to you.**

**Have mercy on us,  
O Lord, have mercy on us.**

**Lord Jesus Christ, you said:  
Blessed are the peacemakers,  
for they shall be called the children of God.  
Yet we are so often ruthless with each other,  
and our homes and our world are full of discord and resentments.**

**Have mercy on us,  
O Lord, have mercy on us.**

**Lord, Jesus Christ, you said:  
Blessed are those who suffer persecution for holiness' sake,  
for the Kingdom of God is theirs.  
Yet we suffer no opposition because we have been ashamed of you, our Crucified Savior,  
and have lived worldly compromises of your Gospel.**

**Have mercy on us,  
O Lord, have mercy on us.**

### **THE LITANY OF INTERIOR PEACE**

**V. Jesus, meek and humble of heart,  
R. Make my heart like unto Thine.**

**From the desire of being esteemed,  
Deliver me, Jesus.**

**From the desire of being loved,  
Deliver me, Jesus.**

**From the desire to be sought,  
Deliver me, Jesus.**

**From the desire to be mourned,  
Deliver me, Jesus.**

**From the desire of praise,**

**Deliver me, Jesus.**

**From the desire of preference,  
Deliver me, Jesus.**

**From the desire of influence,  
Deliver me, Jesus.**

**From the desire of approval,  
Deliver me, Jesus.**

**From the desire of authority,  
Deliver me, Jesus.**

**From the fear of humiliations,  
Deliver me, Jesus.**

**From the fear of being despised,  
Deliver me, Jesus.**

**From the fear of repulse,  
Deliver me, Jesus.**

**From the fear of calumny,  
Deliver me, Jesus.**

**From the fear of oblivion,  
Deliver me, Jesus.**

**From the fear of ridicule,  
Deliver me, Jesus.**

**From the fear of injury,  
Deliver me, Jesus.**

**From the fear of suspicion,  
Deliver me, Jesus.**

**That others may be loved more than myself,  
Jesus, grant this desire.**

**That others may be more highly esteemed,  
Jesus, grant this desire.**

**That others may grow and increase in honor, and I decrease,  
Jesus, grant that I may desire it.**

**Jesus, mercy.  
Our Lady, help us.**

**Let Us Pray.**

**Pour forth Thy grace into our hearts,  
we beseech Thee, O Lord,  
that we who refrain from sin by self-denial,  
may be afflicted in time  
rather than condemned to eternal punishment,  
through Our Lord and Saviour Jesus Christ.**

**Amen.**

Prayers for the Healing of Relationships Let us pray: Lord Jesus, reconciling us to each other and to God, pour out your Spirit upon us that there may be a real work of reconciliation in our midst now.

We remember neighbours.... past and present, good neighbours and bad neighbours. We remember friends.... good friends and those who let us down. We remember those with whom we worked.... those who were good to be with and those who were a problem to us.

We give thanks for every good relationship and seek your mercy for relationships which went wrong, whoever was at fault. May your mercy cover any harm or hurt which these whom we have remembered did to us or we to them.

O Lord, hear my prayer, O Lord hear my prayer, When I call, answer me. O Lord, hear my prayer, O Lord hear my prayer, Come and listen to me .

We remember those whose work was meant to help us doctors, teachers, police officers, nurses and all the ordinary people in shops, offices and factories. We give thanks for all the skill and care which has helped us. May your mercy cover any harm or hurt they did to us or we to them.

O Lord hear my prayer....

We remember those who needed us to help them, who needed our skill, our care, our prayers. We give thanks for any way in which we were able to mirror your love to them. We ask for your mercy to cover any harm we did, or any good we failed to do in their time of need.

O Lord hear my prayer....

We remember those whose suffering cries out for healing, disturbing our peace; those whose plight cries out for justice and those whose misery challenges our right to be comfortable. We give thanks for any way we can respond to their need. Have mercy on our weakness and on our slowness to respond to your Spirit.

O Lord hear my prayer....

Now with this work of reconciliation begun, we would pray as one family,

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. For thine is the kingdom, the power, and the glory, for ever and ever. Amen.

Blessing and sending out At the end of this act of worship and reflection, we remind ourselves that it is the pain and loss of terrible experiences in our lives or in the lives of those for whom we care and whom we seek to support that has brought us together. In these moments we have looked again into the darkness and acknowledged that terrible things have happened. We have reminded each other of the possibility of God's presence in our suffering, of his grace and love, and of the hope and possibilities of experiencing the joy of life again. Let us go from here with a sense of renewal, knowing that in spite of the loss and suffering of the days that have passed, we can begin or continue to live anew, that we can rise above the sorrows of the past and once again experience joy in living. Let us intend to bear our losses and our enduring pain through a keen sense of the closeness of God, by raising our hearts, and by finding in each moment, each person we meet, each act of kindness or moment of beauty, hope for today and the strength to go on. And so....may the peace of God, which passes all understanding, keep our hearts and minds in the knowledge and love of God and of his Son, Jesus Christ our Lord; And the blessing of God, the Father, the Son and the Holy Spirit, Remain with us always. Amen