

## ***The Terrain:***

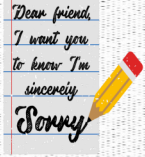
We frequently make choices that damage our relationships with God, others, and ourselves. Sin is an ever-present reality in our hearts and in our world. It robs us of joy, peace, and freedom. Left unresolved it festers and brings sadness and shame. We can all think of at least one relationship that we know we need to improve.

## ***The Path Forward:***

God the Father of mercy, through the Death and Resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins, so that we can be reconciled to God, and so that we can be agents of reconciliation ourselves. His mercy is boundless, and ours must be as well if we are to know the fullness of freedom and joy as His sons and daughters.



## **HOLY HABITS CHALLENGE**



# **MAKE AMENDS**



**CELEBRATE THE SACRAMENT OF RECONCILIATION/CONFESSION IN ADVENT OR LENT.**



**CELEBRATE THE SACRAMENT OF RECONCILIATION/CONFESSION MONTHLY.**



**PRAY A DAILY EXAMINATION OF CONSCIENCE.**

## ***Tip for success:***

Do not be afraid to tell the priest, when going to confession, that you are nervous or have not been to confession for awhile. He will be happy to help!



## ***Fruits of victory:***

Growth in self-mastery over bad habits, the mending of broken relationships, the peace of knowing we are forgiven, the graces of the Sacrament.

## ***Extra stuff:***

- On how to make an examination of conscience:  
[www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience.cfm](http://www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience.cfm)
- All Catholics are obligated to confess their sins at least once a year, according to the *Catechism of the Catholic Church*.

## ***Holy Habits Pledge:***

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."

