

## **Proclaiming My Penance**

Penance is the conscious act of acknowledging one's wrongdoings and striving to make amends.

It often involves personal reflection, acceptance of responsibility, and sincere efforts to repair the harm caused.

Through penance, individuals seek not only forgiveness but also a renewed sense of integrity and purpose.

Throughout the Old Testament, God's messengers stress that true repentance must come from the heart.

**Hosea 6:6** records God's words: "For I desire mercy, not sacrifice, and acknowledgment of God rather than burnt offerings."

The New Testament builds upon the Old Testament's call to repentance, introducing ways through the teachings of Jesus and the writings of the apostles. Jesus's ministry focused more on the transformation of the heart and reconciling us to God.

In **1 John 1:9**, the apostle writes, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

**James 5:16** encourages believers to "confess your sins to each other and pray for each other so that you may be healed."

As I reflect on the choices I've made, I am confronted by the echoes of my actions and the lessons they impart. The journey toward redemption begins with acknowledging my missteps, embracing accountability, and seeking forgiveness where it is due. In proclaiming my penance, I hope to grow wiser and more compassionate, intent on making amends and restoring what was lost.

Dear Heavenly Father,

We come before you with a humble heart, acknowledging our faults and failings.

Wash us clean from the stains of our sins and grant us the grace to turn away from all that separates us from you. Fill us with the courage to make amends, the wisdom to walk in your truth, and the strength to resist temptation. May our repentance be sincere, our hearts be renewed, and our lives bear witness to your mercy through Christ our Lord.

Amen.

One of my favorite scriptures is **Psalms 51**, it saved my soul. Please read in your quiet time.