



Heart Speaks to Heart

Book of Reconciliation Prayers



All Sessions

Prayer is a chance to have a conversation with God, a time to talk to Him and to listen to what He wants to say to you.

For each session there are two specific prayers.

The first prayer...

- *Sit Quietly*
- *Close Your Eyes*
- *Listen To Your Breathing*
 - *Be Still*

In the silence of your heart, slowly repeat the words of the prayer a few times.

The second prayer...

At the end of each session you will say the concluding prayer as a group.

God is always with us so we can pray at anytime and anywhere.

You can pray in church, at home, in school, in the park, on your own or with other people.

God is *always* ready to have a conversation with you.





Lord Jesus, You are the Lord of Life.

You love us.

You grant us forgiveness when we do wrong and sin.

Help us to walk closely beside You day by day,

to grow in love and friendship with You,

and to share Your love and forgiveness with others.

Amen.

Session One



Jesus: my light and my life
Jesus: my light and my life
Jesus: my light and my life, etc.

Glory be to the Father,
and to the Son
and to the Holy Spirit.
As it was in the beginning,
is now,
and ever shall be,
world without end.
Amen.

Session Two



Lord Jesus: my guardian and my guide

Lord Jesus: my guardian and my guide

Lord Jesus: my guardian and my guide, etc.

Hail Mary, full of grace, the Lord is with thee.

Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.

Amen.

Session Three



I love you, Lord: with all my heart
I love you, Lord: with all my heart
I love you, Lord: with all my heart, etc.

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.

Amen.

Session Four



O my God: God of love and mercy
O my God: God of love and mercy
O my God: God of love and mercy, etc.

O my God, because you are so good
I am very sorry that I have sinned against you,
and by the help of your grace
I will not sin again.
Amen.

Session Five



Forgive me, Jesus: my friend and my Lord
Forgive me, Jesus: my friend and my Lord
Forgive me, Jesus: my friend and my Lord, etc.

Lord Jesus,
I love You;
I trust You;
I am not afraid.
You are always loving and full of mercy.
Forgive me those times when I have hurt You
and have hurt others.
Help me to live always as Your friend and not to sin again.
Amen.