

## LIST OF SUITABLE PENANCES

We ask, “*What is keeping me from receiving and responding well to God’s Love?*” Then, based on the wounds and obstacles we discover, there are means we can use to help repair the damage or counteract harmful behaviors, shoring up our defenses against the enemy spirits of our authentic human nature. For example:

1.) For \_\_\_\_ minutes, pray with the Gospel passage for the upcoming Sunday, using the following question as your guide: “*Jesus, what is Your personal message for me as I read this?*”

2.) Go to daily Mass \_\_\_\_ time(s).

3.) Spend \_\_\_\_ minutes on a good Catholic website, such as:

[www.spiritualdirection.com](http://www.spiritualdirection.com)  
[www.discerninghearts.com](http://www.discerninghearts.com)  
[www.wordonfire.org](http://www.wordonfire.org)  
[www.ascensionpresents.com](http://www.ascensionpresents.com)  
[www.theologyofthebody.net/](http://www.theologyofthebody.net/)  
[www.foryourmarriage.org](http://www.foryourmarriage.org)  
[www.integrityrestored.com](http://www.integrityrestored.com)  
[www.usccb.org/cleanheart](http://www.usccb.org/cleanheart)  
[www.reclaimsexualhealth.com](http://www.reclaimsexualhealth.com)  
[www.catholicmom.com](http://www.catholicmom.com)  
[www.blessedishe.com](http://www.blessedishe.com)  
[www.thosecatholicmen.com](http://www.thosecatholicmen.com)  
[www.catholicgentleman.net](http://www.catholicgentleman.net)

4.) Fast from \_\_\_\_\_ (e.g. alcohol, candy, pop, fast food, the movies) this week and give all the savings to the \_\_\_\_\_ (e.g. pregnancy center, soup kitchen, etc.).

5.) Fill at least 1 bag/box (of any size) full of things you don’t use/need anymore and give it away (e.g. to Los Pobres, Goodwill, Arc, or New Horizons).

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[www.reclaimsexualhealth.com](http://www.reclaimsexualhealth.com)  
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6.) Visit someone in a nursing home or call/write someone who might be lonely.

7.) Volunteer for \_\_\_ hour(s) at your parish.

8.) Write down and hang on the fridge what you love about your family or do something spontaneously loving for them (e.g. cook dinner, do the dishes, bring a treat, flowers, etc.).

9.) Pray, “*Thank You, Jesus, for \_\_\_\_\_,*” on every bead of your Rosary, filling in the blank with something different each time.

10.) Write down a 3-step resolution (i.e. When/Where you plan to go to Mass every Sunday; How/How long you plan to pray every day; How often you plan to go to Confession)

11.) Get an examination of conscience (booklet/pamphlet/online) and spend \_\_\_ minutes with it in preparation for the next time you receive the Sacrament of Reconciliation.

12.) Invite someone to go with you to an activity/event at the parish (even if they don’t accept).

13.) Read 1 chapter from \_\_\_\_\_ (in the Bible), or read about \_\_\_\_\_ in the Catechism of the Catholic Church.

14.) Pray a Catholic novena (e.g. to the Holy Spirit; to Our Lady of Guadalupe; to St. Therese), or one of the Catholic Litanies (e.g. of the Saints; of the Blessed Virgin Mary; of the Sacred Heart of Jesus; of the Precious Blood, of the Holy Name of Jesus; of Humility; of Trust)

15.) Cut your time online (and/or TV, radio, news) at least in half (“media fast”) for \_\_\_ day(s).

16.) Spend \_\_\_ minutes in Eucharistic Adoration.

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