

## Let Us Pray

Father,  
Forgive me, for I have sinned.  
Inspired by the fearless and searching  
moral inventory that I have put forth,  
I seek you for forgiveness and guidance.  
Open my heart and mind to the graces of  
Reconciliation  
and let me be willing to come to you  
as my protector and light.  
Let me not fear the rejection  
that may hinder coming to you,  
but rather let me lean into your divine mercy  
and grace  
so that I may provide the same to others.  
Thank you for the Sacrament of Reconciliation  
and for the communities that continue to direct  
me toward you.  
Amen.

## Catholic in Recovery Twelve Steps and Sacraments Study Week 5: Admitting Our Wrongs



### **Catechism of the Catholic Church:**

“The confession (or disclosure) of sins, even from a simply human point of view, frees us and facilitates our reconciliation with others. Through such an admission man looks squarely at the sins he is guilty of, takes responsibility for them, and thereby opens himself again to God and to the communion of the Church in order to make a new future possible.” 1455

### **Saint Augustine:**

“In failing to confess, Lord, I would only hide you from myself, not myself from you.”

**Step Five: Admitted to God, to ourselves,  
and to another human being the exact  
nature of our wrongs**

## **Going Further**

1. Is there anything that keeps you remaining in isolation?
2. What secrets are you holding on to that you are unwilling to share with anyone?
3. Identify an individual – preferably of the same sex and someone that is familiar with this process – that you can ask to share your fifth step.
4. Once you have identified an individual, do not hesitate to ask him or her to set a date and time when you can meet to share your inventory.