

## Let Us Pray

Our Creator,  
I am humbled by the great gifts  
that you have placed in my life,  
particularly the willingness to grow  
in my relationships.  
Thank you for your pursuit of me.  
I am grateful for the chance to amend  
relationships  
that have gone sour.  
I ask for the necessary humility  
to see my part in these relationships, and ask for  
the willingness  
to make things right with those I have harmed.  
I pray that the intentions of others be fulfilled  
so that they may find the same degree  
of happiness and satisfaction from this life  
that I seek for myself.  
Amen.

## Catholic in Recovery Twelve Steps and Sacraments Study Week 8: Willing to Make Amends



### Catechism of the Catholic Church:

“Many sins wrong our neighbor. One must do what is possible in order to repair the harm (e.g., return stolen goods, restore the reputation of someone slandered, pay compensation for injuries). Simple justice requires as much. But sin also injures and weakens the sinner himself, as well as his relationships with God and neighbor. Absolution takes away sin, but it does not remedy all the disorders sin has caused. Raised up from sin, the sinner must still recover his full spiritual health by doing something more to make amends for the sin: he must ‘make satisfaction for’ or ‘expiate’ his sins. This satisfaction is also called ‘penance.’ 1459

**Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.**

## Going Further

1. Where do you stand in your relationship with God, your relationship with others, and your relationship with yourself?
2. How have these relationships improved over the past several months?
3. What are some of the effects that your behavior has had on aspects of your life for which you may not yet have accounted?
4. Make a list of all persons you have harmed. Divide the list into three columns: those that you are willing to make amends to, those that you are possibly willing to make amends to, and those that you will certainly not make amends to.
5. Begin praying for each individual on your list, especially those that you still hold resentments toward. Ask God for the willingness to see your part in the tarnished relationship.