

Let Us Pray

Lord,
Because of the Sacrament of Reconciliation
and following the guidance of my heart,
I feel moved to bring justice
to the situations I once harmed.
Please continue to forgive me for the chaos
I have caused.
Unite me with the suffering of your Son, Jesus
Christ,
as I right my wrongs through your grace.
Grant me prudence, justice, fortitude,
and temperance as I go forth to do your will.
Amen.

Catholic in Recovery Twelve Steps and Sacraments Study Week 9: Making Direct Amends



Catechism of the Catholic Church:

“The satisfaction that we make for our sins, however, is not so much ours as though it were not done through Jesus Christ. We who can do nothing ourselves, as if just by ourselves, can do all things with the cooperation of “him who strengthens” us. Thus man has nothing of which to boast, but all our boasting is in Christ...in whom we make satisfaction by bringing forth “fruits that befit repentance.’ These fruits have their efficacy from him, by him they are offered to the Father, and through him they are accepted by the Father.
1460

“I have the strength for everything through him who empowers me.” **Phil: 4:13**

Step Nine: Made direct amends to such people whenever possible, except when to do so would injure them or others.

Going Further

1. How has your relationship with those on your amends list changed, if only within yourself, since making your list?
2. Find a sponsor or spiritual guide familiar with the principles of the Twelve Steps to help you through making your amends. Use prudence to determine which situations would be made worse and cause harm to those you have hurt or others if you were to make amends.
3. Who are the people that you are most willing to make amends to?
4. Begin setting a date and time to make direct amends to these people.
5. Who are those that you may have difficulty making amends to?
6. With the direction of your sponsor, start preparing yourself to make amends to those people when possible, praying for the willingness to do so when necessary.