

IDEAS FOR ACTS OF REPARATION

As a child of God, we each have an opportunity to help satisfy the justice of God by making reparation for our own sins and the sins of others.

1. Go to an abortion clinic and pray, or set aside an hour today to pray for those who are struggling with a decision of life or death for their unborn child.
2. Make an act of faith, hope or love. (www.bit.ly/9DaysFaithHopeLove)
3. Pray the Act of Reparation to the Sacred Heart of Jesus.
4. Spend an hour with the Blessed Sacrament in adoration.
5. Increase your knowledge about important life issues. Here are some resource examples:
 - Women's health and marriage prospects have suffered from more than 40 years of nationally legal abortion throughout all nine months of pregnancy. Learn more in "Life Matters: Roe Plus 40" (www.bit.ly/RoePlus40).
 - Learn how some methods of conceiving a child pose serious concerns in "Life Matters: Reproductive Technologies" (www.bit.ly/ReproductiveTechnologies2011).
 - Read about some of the challenges, concerns and joys on a couple's journey of adopting a child in "An Adoption Love Story" (www.bit.ly/AdoptionLoveStory).
6. Pray the rosary, or even just a decade, today for someone who has hurt or disappointed you, and ask for the grace to forgive that person.
7. Smile. Ask God today for the grace to be extra joyful and to share your love for Christ with those who most need that encouragement today.
8. Use Facebook or another form of social media to post something that builds up the culture of life.
9. Take time to write a handwritten note to someone who is lonely or needing encouragement.
10. We can sometimes forget how blessed we are to have many of our daily comforts. Give up sleeping with your pillow tonight.
11. Today, ignore your sweet tooth. Make healthy eating choices.
12. Make a "quiet hour" today, turning off all electronic devices (cell phone, iPod, computer, television, radio, video game system) and retreat to your room. Spend some time in prayer or prayerful reading.
13. Clean a room in your house without being asked or without telling anyone. Pray for your family members while you clean, "and your Father who sees in secret will repay you" (Matthew 6:6).
14. Read about a Church teaching you do not understand in the catechism.
15. Make an honest assessment of your "giving finances" — Are you giving too little? Make a resolution to give a set weekly or monthly donation to your parish or favorite local charity.
16. Say three Hail Marys for your parish priest. Without our priests, we could not have the Mass or the sacrament of reconciliation.
17. Pray for your deceased relatives and for those who have no one to pray for them.
18. Spend quality time with a family member or friend. Offer to help them with something with which they need assistance.
19. Go to confession — today, if possible! — or during this week. Before you go, look up St. Faustina and learn a little about the message of Divine Mercy she shared during her life.
20. Pray the Divine Mercy Chaplet for those who are suffering the loss of a child through abortion, or through any act of violence, asking that they find healing and peace.