

Examination of Conscience:

An examination of conscience is an act of reflecting on how we have hurt our relationship with God and others. Questions such as the following will help us in our examination of conscience:

1. When I make choices, do I sometimes forget to think first about what God wants me to do?
2. Have I used the name of God or Jesus in vain?
3. Have I disobeyed my parents or those who take care of me?
4. Have I been mean to others?
5. Have I taken anything that was not mine?
6. Have I always told the truth?
7. Have I hurt others by what I have said?
8. Have I refused to help those who are in need?



Celebrating Reconciliation:

1. Greet the priest when he welcomes you. "Hello Father."
2. Pray the Sign of the Cross with Father, "In the name of the Father, and of the Son, and of the Holy Spirit."
3. Confess your sins to the priest.
4. When you have finished say, "Please forgive me for all of my sins and any others I can't remember."
5. The priest will give you your penance. Listen to what he asks you to do.
6. Pray (out loud) an Act of Contrition.
7. Receive absolution (forgiveness) from the priest.
8. Thank the priest and leave the reconciliation room or area.
9. Do your penance.
10. Go in Peace knowing that God loves you and forgives you your sins.

An Act of Contrition:

O My God, I am sorry for my sins with all of my heart. In choosing to do wrong and in failing to do good, I have sinned against you whom I should love above all else.

I firmly intend, with your help, to do penance, to sin no more, and avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

Amen.