

PRACTICE SHEET FOR CONFESSION / RECONCILIATION

Examination of Conscience

This examination of conscience is taken from The Catholic Family Book of Prayers. It may be used in preparation for receiving the sacrament of Penance and Reconciliation, or as a kind of daily examen.

- ❖ *Have I made anything more important than God: myself, others, money, things I own, things I want, ideas, activities, or goals? Have I set aside time to pray to God every day?*
- ❖ *Have I acted pridefully, as if I know everything, am better than others, or don't need God or others?*
- ❖ *Have I used God's name in a bad way? Have my words hurt God, his Church, or the good he wants for all people?*
- ❖ *Have my words and actions given glory to God's name? Have I shared my faith with those who do not know God?*
- ❖ *Have I gone to Mass when I should? Have I fully shared in the celebration of Mass? Have I listened to the Word of God and the homily? Have I received the Eucharist reverently? Have I spent my Sundays in prayer, rest, service, and family time?*
- ❖ *Have I given love and respect to my father and mother? Have I obeyed them? Have I tried to help them without being asked? Have I whined, complained, nagged, or otherwise been difficult toward them? Have I been loving and respectful to my brothers and sisters?*
- ❖ *Have I been a good citizen? Have my words and actions strengthened my community, or harmed it?*
- ❖ *Have I hurt others, with my hands or my words? Have I given support or encouragement to those who hurt others? Have I excluded others, or treated others with less than the respect they deserve as children of God? Have I held onto anger or hatred toward others? Have I refused to forgive others?*
- ❖ *Have I respected my body? Have I given my body what it needs to be strong and healthy? Have I offended human dignity for my own pleasure?*
- ❖ *Have I taken what does not belong to me? Have I wasted time or resources? Have I used my talents and resources to help those in need? Have I let others borrow my possessions for good reason? Have I done my work well? Have I contributed to the good of others through my work? Have I done my chores and schoolwork as best I can, with a good attitude?*
- ❖ *Have I always told the truth to myself, God, and others? Have I gossiped, or shared information I shouldn't have?*
- ❖ *Have I been grateful for what I have, or greedy to have what others have? Have I been generous with my time and possessions? Have I given away what I do not need?*

Review of the Format of the Sacrament of Reconciliation/Confession

1. Begin with the sign of the cross:
"In the name of the Father, and of the Son, and of the Holy Spirit."
2. Then say:
"Bless me Father for I have sinned, my last confession was _____. These are my sins."
Then tell the priest your sins.
3. Once finished confessing your sins say:
"For these and all my sins, I am sorry."
4. The priest will give you a few words of advice, and then he will give you your penance.
5. The priest will ask you to pray the **Act of Contrition** (if you cannot remember it, the priest will help guide you and will have a printed copy available to read if needed.)

ACT OF CONTRITION

*O my God, I am heartily sorry for having offended You,
and I detest all my sins because of Your just punishments,
but most of all because they offend You, my God,
who are all good and deserving of all my love.
I firmly resolve with the help of Your grace
to sin no more and to avoid the near occasion of sin. Amen.*

6. The Priest will pray the prayer of God's forgiveness while you make the sign of the cross.

