

# **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.

