

Examination of Conscience (Take time to examine your conscience before Reconciliation .)

IAM the Lord Your God, You shall not have Strange gods before me

Have I failed to turn my thoughts to God, and cultivated an active spiritual life of prayer and ongoing conversion of heart ?

Have I failed to trust in God and sought to put Him first above all things ?

Have I put a greater priority of seeking after the things of this world rather than on seeking first the Kingdom of God ? Do I seek to do Gods will every day ?

You shall not take the name of the Lord your God in vain

Have I used the name of the Almighty Eternal One in a disrespectful manner ?

Remember to keep Holy the Sabbath (The Lords Day)

Do I make the worship of God at mass on Sunday my first priority ?

Do I miss going to mass on holydays of obligation ?

Am I always late for mass or do I leave early without a serious reason ?

Do I participate in the liturgy in prayer and song ?

Do I use the Lords Day as a time to spend with my family, and not engage in unnecessary work , and take a rest from my busy schedule ?

Honor your Father and Mother

Do I care for and respect my parents if they are alive, do I pray for them if they Have died ?

Do I seek to bring peace and tranquility into my home life ?

Do I respect those who are in authority ?

You shall not kill

Have I caused physical or psychological damage to myself or others ?

Do I wish harm or evil on others ?

Do I gossip or make fun of others or disregard confidentiality ?

Do I forgive those who hurt me ?

Do I believe in the sacredness of life from conception to natural death and have my words and actions reflected that belief ?

Do I seek to avoid the near occasion of sin ?

You shall not commit adultery

Created in Gods image, do I treat my own body and the bodies of others with profound dignity and respect ? Do I use others as objects for my own pleasure ? Through word or action am I responsible for leading others into sin ?

Do I fail to dress modestly and appropriately ? Do I dress to be a temptation to others ?

Do I watch inappropriate movies videos or look at inappropriate websites on the internet, or view pornography ?

Have I committed adultery against my spouse , or engaged in impure actions with myself or others ?

You shall not steal

Have I ever stolen anything ? Do I waste my time or the time of my employer ?

Have I ever damaged on purpose the property of others ?

Have I failed to make restitution to others ?

You shall not bear false witness against your neighbor

Have I lied or do I tell lies ? Do I strive to always tell the truth? Have I sought to destroy the reputation or good name of another person ? Do I take pleasure in hurting people ?

You shall not covet your neighbors wife or husband

Have I tried to destroy the marriage bond of another person ?

You shall not covet your neighbors goods

Am I envious of the possessions of others ? Do I trust that God will give me whatever I need and satisfy the desires of my heart as long as I put Him first in my life ?

How Do I go to the Sacrament of Reconciliation ?

There is no sin so great that God will not forgive it Approach the sacrament with confidence. If you have not been to the sacrament in a long time do not be afraid, The priest will welcome your return to the sacrament.

The priest will greet you and may share a short scripture passage

Say Bless me Father for I have sinned It has been _____ since my last confession and these are my sins....

Confess your sins. The priest will give you a penance to do.

Pray the Act of Contrition (see below)

The priest will absolve you of your sins. Make the sign of the cross as he absolves you.

Freed of your sins go and do your penance and give thanks for Gods merciful love.

Act of Contrition

My God I am sorry for my sins with all my heart , in choosing to sin , and failing to do good I have sinned against you whom I should love above all things, I firmly intend with the help of your Son do do penance and avoid the near occasion of sin, Our savior Jesus Christ suffered and died for us, in his name , my God have mercy.