

## Examination of Conscience

Leader: Understand the **POWER** the Sacrament's that gives us:

Reader 1: Baptism – to wash away our sins

Reader 2: Confirmation – to affirm our Baptism

Reader 3: Eucharist – to partake in God's love

Reader 4: Reconciliation – to ask for forgiveness

ALL: As we live the sacrament in our lives know that - This is what Yahweh asks of you: only this... to act justly, to love tenderly and to walk humbly with God. Micah 6:8

Reader 5: Understand the **POWER** to overcome fear:

\* When evildoers come at me to devour my flesh,  
These enemies and foes themselves stumble and fall.

Psalm 27:2

ALL: Jesus died to erase my sins to help me overcome my fears.

Reader 6: Understand the **POWER** to win victory over the devil's temptation

No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it.

1 Corinthians 10:13

ALL: Jesus died to erase my sins and help me to win victory over temptation.

Reader 7: Sacred Scripture on the **POWER** to love like Jesus  
"And 'to love him with all your heart, with all your understanding, with all your strength, and to love your neighbor as yourself' MK 12:33

ALL: Jesus died to erase my sins and help me to love as He did.

Leader: To examine our conscience means to take stock of our words and actions and evaluate them in light of God's will for our lives.

By being honest with ourselves, we can confront those habits that keep us from allowing Jesus in our heart and into our lives, so let us quietly confess our sins and pray for each other, that we may be healed.

ALL: I confess to you almighty Father, because I sinned in my thoughts and in my words, and my actions against others. It is now that I make a choice to allow you to erase the darkness of sin from my heart...

- I choose to be truly sorry.
- I choose to confess my sins.
- I choose to make things right by seeking the forgiveness of others.
- I choose to make amends for what I did wrong and avoid actions that I know to be sinful.
- I choose to be faithful to God giving time for PRAYER.
- I choose to yield from temptations such as bad attitudes, tempers, lying or stealing.
- I choose to be PATIENT with my family and or siblings.
- I choose to have GRATITUDE for all that I have seen and unseen.
- I choose to avoid gossip, causing drama or being quick to judge.
- I choose to encounter the Living Christ with WONDER & AWE.

I choose to invite God to be the God of all circumstance.

I choose peace, I choose faithfulness, and I choose love.