

- Have I pursued my school work as I should?
- Have I cheated or lied or given excuses about my work?
- Have I tried to get even with others?
- Do I use illegal drugs? Do I encourage others to use them?
- Do I have in thought, action, or word the respect I should have for my sexual powers?
- Do I respect the sexual powers of others?
- Have I been guilty of stealing, or vandalism, or of carelessness with the property of others?
- Is my word my bond, or do I lie or color the truth to meet my own selfish needs?
- Do I drive safely or am I a show-off with the car?
- Do I take proper care of my health?
- Do I use my talents for the benefit of others or for my own selfish ends?
- Have I been truly charitable?
- Have I treated people other than my friends the way a human being ought to be treated?
- How do I really stand before God at this moment?
- Am I self-satisfied, unconscious of my weakness and sins, or carefully blocking them out of my consciousness?

After following sufficient time for the people to examine their consciences, the priest invites them to join him in a prayer of sorrow for sins committed.

The Community Prayer of Sorrow

All

O my God,
 I am sorry for having offended you.
 You know and understand that I sin out of human weakness.
 You know and understand also
 that in the deepest part of myself,
 I do love you, or at least want to love you.
 You forgive me so easily, so willingly,
 yes, even so gladly.
 Please teach me to forgive myself.
 Teach me to be patient with myself,
 and help me to learn from my sin.
 Help me to learn
 how much I must depend on you,
 for the struggle against sin
 is never over until death.
 Help me to see that my love for you
 is, and will be, purified in this very struggle,
 that all growth and love
 is accompanied by suffering, disappointment and pain.
 And if I can come to see and accept myself
 as you see and accept me,
 then let me grow in knowledge,
 and love and acceptance of all the people in my life.
 Let me show them the forgiveness and love