



### Act of Contrition

My God,  
I am sorry for my sins  
with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance,  
to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In his name, my God, have mercy.

### Celebrating Reconciliation

#### Examination of Conscience

To prepare for the Sacrament of Reconciliation, we make an examination of conscience. Asking the Holy Spirit to help us, we look into our hearts to ask how we have hurt our relationships with God and with other people through our thoughts, words, and actions. We reflect on the Ten Commandments and the teachings of the Church. Questions like those below can help us in our examination of conscience.

#### My Relationship with God

- What steps am I taking to help me grow closer to God and to others?
- Do I turn to God often during the day, especially when I am tempted?
- Do I participate at Mass with attention and devotion on Sundays and holy days?
- Do I pray often and read the Bible?
- Do I use God's name with love and reverence?

#### My Relationships with Family, Friends, and Neighbors

- Do I treat others fairly?
- Do I spread stories that hurt other people?
- Have I set a bad example through my words or actions?
- Am I loving and respectful of my family members?
- Am I respectful of my neighbors, my friends, and those in authority?
- Do I show respect for my body and for the bodies of others?
- Do I keep away from forms of entertainment that do not respect God's gift of sexuality?
- Have I taken or damaged anything that did not belong to me?
- Have I cheated or lied?
- Do I quarrel with others just so I can get my own way?
- Do I insult others, trying to make them think they are less than I am?
- Do I hold grudges and try to hurt people who I think have hurt me?

