

# Sacrament of Reconciliation

The Sacrament of Reconciliation will be offered all day. Just look for the pair of chairs throughout the Seminary grounds. A priest will be seated on one chair, and the other is reserved for you! To help you with this sacrament, the following are the 10 Commandments (always good to refresh our memories!), an examination of conscience, and an Act of Contrition you may want to use.

## Ten Commandments

(Scripture references: Exodus 20:2-17; Deuteronomy 5:6-21)

1. I am the Lord your God: you shall not have false gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## Examination of Conscience

This Examination of Conscience is meant to help you in preparing for the Sacrament of Reconciliation. After each line, repeat, ***pardon my lack of love.***

Lord, if I have failed to take You as our loving Father and friend;  
Lord, if I have not recognized Your presence and actions in the events of my daily life;  
Lord, if I have prayed mechanically, or neglected to pray;  
Lord, if I have not been grateful for my parents, relatives, and friends;  
Lord, if I have taken people for granted and not respected their views and feelings;  
Lord, if I have not cultivated my talents as I ought to;

Lord, if I have not used all the opportunities you have given me for doing good;  
Lord, if I have abused the gift of freedom you have given me;  
Lord, if I have not accepted my responsibilities and have neglected my duties;  
Lord, if I have not been honest, open and sincere in my talk and in my actions;  
Lord, if I have misused money or other things; if I have taken the goods of others or damaged them;  
Lord, if I have not respected my body or those of others;  
Lord, if I have not been respectful in thinking and talking about sex;  
Lord, if I have hurt the reputation of others, if I have pulled them down, in order to elevate myself;  
Lord, if I have caused any ill feeling or sown discord instead of love and peace;  
Lord, if I have given bad example, especially to non-Christians, by my words or actions;  
Lord, if I have been self-centered and failed to see your image in the suffering brothers and sisters and if I have failed to help them  
Lord, if I have sought too much comfort while millions of my brothers and sisters go hungry and homeless;  
Lord, if I have been indifferent towards the struggle for justice to the poor and the oppressed;

***Pardon my lack of love.***

## Act of Contrition

O my God! I am heartily sorry for having offended You, and I detest all my sins, 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 confess my sins, to do penance, and to amend my life.  
Amen.