

Before the sacrament of penance, we take some time to examine our conscience and recall our need for God's forgiveness and loving mercy:

Reader: We call to mind the times that we have used God's name lightly and without any reverence.
---the times we were lazy and careless in prayer, in participating in the Mass and the sacraments...and so we pray:

All: OUR FATHER WHO ARE IN HEAVEN, HALLOWED BE YOUR NAME.

Reader: We call to mind the times that we did nothing to build up our faith.
---the times we put our own material interests before the coming of God's kingdom...and so we pray:

All: YOUR KINGDOM COME.

Reader: ---for the times we resisted the Lord's will and the Lord's inspirations.
---for minimizing God's law and the law of the church and considering them as a heavy burden..and so we pray.

All: YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN.

Reader: ---for being preoccupied only with our own spiritual bread or our own material bread, while ignoring the needs of others, our brothers and sisters in this world.
---for feeding our spirit of pride... we pray to the Lord:

All: GIVE US THIS DAY OUR DAILY BREAD

Reader: ---for nurturing secret grudges in ourselves; for keeping alive in our hearts our desires for getting even with others.
---for being hard with other people... we pray to the Lord:

All: AND FORGIVE US OUR TRESPASSES, AS WE FORGIVE THOSE WHO TREPASS AGAINST US.

Reader: ---for being stubborn in returning to those places that lead us into sin.
---for our lack of energy in rejecting temptations.
---for not calling on your help when we found ourselves in inevitable danger... we pray to the Lord:

all: AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL. AMEN.