

**All** (Psalm 130)

*Out of the depths I cry to you, O Lord;  
Lord, hear my voice!*

*Let your ears be attentive  
to my voice in supplication:*

*If you, O Lord, mark iniquities,  
Lord, who can stand?*

*But with you is forgiveness,  
that you may be revered.*

*I trust in the Lord;  
my soul trusts in his word.*

*My soul waits for the Lord  
more than sentinels wait for the dawn.*

*More than sentinels wait for the dawn,  
let Israel wait for the Lord,  
For with the Lord is kindness  
and with him is plenteous redemption;  
And he will redeem Israel  
from all their iniquities.*

After the Gospel selection is proclaimed by the priest, a homily (sermon) is given by the priest.

**Examination of  
Conscience  
Commentator**

Let us place ourselves in the presence of God and honestly and humbly open ourselves to his action. We know that by our sins we have hurt the members of the Christian community and have contributed to sin in the world.

Let us spend a few moments examining ourselves: how we live, what our attitudes are, what are the customary ways in which we commit sin—maybe without even thinking about it.

The examination of conscience may be made in silence or helps may be read aloud by the priest or someone in the congregation. The following is an example of what may be done in silence or read aloud.

- Have I placed things, or money, people, or pleasure before my duty to God?
- Have I been content with half-hearted participation in God's actions in my life?
- Have I scandalized others by my words or my actions, not leading them as I should?
- Have I taken people for granted, treating some with indifference, some with contempt?

- 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.

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

## The Community Prayer of Sorrow

All