



EXAMINATION OF CONSCIENCE

FOR RECONCILIATION

1) My Relationship with God:

Do I pay attention at Mass and join in the prayers and hymns?

Do I say prayers to God at home during the week? Do I thank God for his blessings?

Do I use God's name as a curse when I am angry or upset?

Did I put my faith in danger by reading or viewing things that are not consistent with what my Catholic faith teaches?

Did I miss mass on Sunday or a holy day of obligation through my own fault?

2) My Relationships with Family and Myself:

Do I say mean things to my mom or dad? To my brothers and sisters?

Do I do what my parents or guardians tell me to do? Am I lazy around the house?

Do I start fights with my brothers and sisters at home?

Do I care for things that belong to the family? Do I share my things with the family?

Do I lie to my parents or others at home? Do I waste or refuse to eat the food I am given?

Did I use drugs or alcohol?

Did I willfully entertain impure thoughts or commit impure acts, alone or with others?

3) My Relationships with Friends:

Do I get other people into trouble, at school or with their parents?

Do I throw things or break things in anger?

Do I refuse or avoid another boy or girl for no good reason?

Do I lie to my friends? Do I talk about them to others when they are not there?

Am I hard to get along with during school, at a friend's house, or at home?

4) My Relationships with Other People:

Do I do what my teachers tell me to do? Do I pay attention in school?

Do I cheat or use others' work in school? Do I lie to my teachers or others?

Am I lazy about my schoolwork? Do I do my homework?

Do I forgive people who hurt me? Do I hold a grudge against others?

Do I take things that don't belong to me at school or in a store?

Do I blame other people for things I do? Do I judge others?

Am I helpful and polite to people I meet outside my home?

5) My Relationship with People in Need:

Do I offer to help others who need a helping hand?

Do I share some of the good things I have with others who have less than me?

Do I pray for those who are sick? For those who have lost a loved one?



RECONCILIATION

- † Begin your confession by making the sign of the cross, then say “Bless me Father for I have sinned.” It is helpful to tell the priest how long it has been since you last went to confession.
- † Confess your sins (name the number of times and the sin). The priest will help you make a good confession. If you are unsure about how to confess or you feel uneasy, just ask the priest to help you. You may end your confession with “I am sorry for these and all my sins.”
- † The priest will give you penance and offer advice to help you.
- † Make the Act of Contrition:
“O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended 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 amend my life. Amen.”
- † The priest acting in the person of Christ will then absolve you from your sins.
- † After the Absolution the priest says: Give thanks to the Lord, for He is good. You say: “His mercy endures forever.”
- † The priest will dismiss you by saying: The Lord has freed you from your sins, Go in peace.
- † Go to the chapel or somewhere quiet to offer your penance.



**...It will be shed for YOU
and for ALL so that sins
may be FORGIVEN...**