

Examination of Conscience

Ephesians 5:15-12

Act like people with good sense.

Do I learn from my mistakes?

Have I paid attention to what my parents and teachers tried to tell me?

Was I reckless and did I take chances that put me or someone else in danger?

These are difficult times, so make every minute count.

Have I been lazy at home or in school?

Do I take people or things for granted?

Do I waste my time watching TV or playing video games?

Don't be foolish. Instead, find out what the Lord wants you to do.

Have I talked over my problems with God in prayer?

Do I always go it alone instead of asking for help when I need it?

Don't destroy yourself by abusing alcohol, but let the Spirit fill your life.

Have I abused my body with alcohol, tobacco, or other drugs?

Have I disrespected another or myself?

Are my needs more important than God or other people?

Do you praise the Lord with all your heart?

Have I prayed every day, morning and night, and gone to Mass on Sunday?

Do I thank God for the important people in my life?

Do I only turn to God to get me out of trouble?

Always use the name of our Lord, Jesus Christ, to thank God, the Father, for everything.

Do I use profanity and curse words in order to impress people?

Have I made people feel small because of the things I said about them either to their face or behind their back or on social media?

Am I a negative person, always mocking?

Honor Christ and put others first.

How do I honor Christ? Dishonor him?

When did I put others first instead of myself? When did I not?

Individual Confession and Reconciliation

When your turn comes up begin this way:

Make the sign of the cross.

Say:

Bless me Father, for I have sinned.

It has been (how long) since my last confession.

My sins are... or I ask God to forgive me for...

Pray the Act of Contrition:

The 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.

Amen.

The Priest gives absolution/forgives you for your sins.

The Priest gives a penance, it will usually be a few prayers or good act.