

# PREPARATION FOR THE SACRAMENT OF RECONCILIATION

## EXAMINATION OF CONSCIENCE

- Have I worshipped God alone?
- Or do I put other things, other persons, or myself before God in my life?
- Have I set my heart on God's kingdom? Or are there other things that are more important to me?
- Do I make time to pray everyday?
- Do I get to Mass to worship with my faith community and support our efforts to be the people of God?
- Do I respect God's name, and give witness to my deepest beliefs and my best self in my speech?
- Do I show proper love and respect for my family?
- Do I honor my parents?
- Do I lovingly tend to the best interests of those God has placed in my care?
- Do I control my anger?
- Am I violent in speech or action?
- Do I show life the proper reverence and respect?
- Am I abusive in action or speech to others?
- Do I respect the integrity of all people?
- Do I make others objects of my lust or ambition?
- Do I let my appetites control me?
- Do I degrade others to make myself seem more important?
- Am I in control of my actions?
- Am I an honest person?

- Do I steal or cheat?
- Do I lie to exaggerate my own importance?
- Do I judge others, expose their faults, or point out their weakness to flatter myself?
- Do I gossip, ridicule others or slander them?
- Am I bigoted or prejudiced?
- Are there people I excuse myself from loving?
- Am I envious, petty or unforgiving?
- Do I hold grudges or resentments?
- Do I turn my back on those in need?
- Do I avert my gaze from those who are different or afflicted?
- Do I face the truth about my own weakness, and seek forgiveness and help when it is called for?
- Do I really try to love as God has loved me?

## ACT OF CONTRITION

My God,  
I am sorry for my sins  
with all my heart.  
In choosing to 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.  
Amen