

## Examination of Conscience

Am I attentive to God's presence in prayer and worship?

- Do I pray daily?
- Do I receive the sacraments regularly?
- Do I keep Sundays and holy days sacred?
- Do I fulfill my commitments as a member of my faith community?
- What is my attitude toward the sacrament of reconciliation?
- Have I tried to grow in the life of the Spirit through prayer and the reading of the word of God?
- Do I trust God's goodness and providence, even in times of crisis and doubt?

In my daily living, do I act as a child of God?

- Do I respect my own body as a gift from God?
- Do I control my vices, including abuses of food and drink?
- Have I made good use of the gifts God has given me?
- Do I work too hard and too long? Do I neglect my family and health?
- Have I been lazy and given too much time to leisure or entertainment?

Do I reflect the mercy of God in my relationship with others?

- In my household, have I contributed to the well-being and happiness of the rest of my family? Am I patient? Am I loving?
- Do I treat my parents with respect?
- Am I ever angry with those I love?
- Have I been faithful in my relationships?
- Have I imposed my will on others without respecting their freedom and rights?
- Am I intolerant of other's ideas or needs?
- Have I perpetuated racism, prejudices and stereotypes?
- Do I treat people with disabilities with respect?

Do I bring the love of God to the world?

- Do I share my time and my treasure with others in need?
- Do I fail to speak out on behalf of the poor or the oppressed?
- Have I accepted suffering as a share in the suffering of Christ?
- Have I indulged in reading, conversation, or entertainments that are contrary to Christian decency and respect for human life?
- Do I use the earth's resources wisely?
- Do I purchase material goods that I don't really need?

Will I accept the forgiveness of God and change my way of life?

- Am I ever afraid to act in a Christian manner, afraid of what others might think?
- Is the hope of eternal life my inspiration for all I do?
- Do I sincerely want to be set free from sin, turn again to God, and resolve to begin again?
- Do I forgive others who have offended me?



## HOW TO GO TO CONFESSION

**THE SIGN OF THE CROSS:** Together, you and the priest will make the Sign of the Cross. You may then begin your confession with these or similar words: “Bless me, Father, for I have sinned. It has been [give days, months, or years] since my last confession.”

**CONFESSION:** Confess all your sins to the priest. If you are unsure what to say, ask the priest for help. When you are finished, conclude with these or similar words: “I am sorry for these and all my sins.”

**PENANCE:** The priest will propose an act of penance. The penance might be prayer, a work of mercy, or an act of charity. He might also counsel you on how to better live a Christian life.

**ACT OF CONTRITION:** After the priest has conferred your penance, pray an Act of Contrition, expressing sorrow for your sins and resolving to sin no more. A suggested Act of Contrition is:

**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.**

(Rite of Penance, no. 45)

**ABSOLUTION:** The priest will extend his hands over your head and pronounce the words of absolution. You respond, “Amen.”

**PRAISE:** The priest will usually praise the mercy of God and will invite you to do the same. For example, the priest may say, “Give thanks to the Lord for he is good.” And your response would be, “His mercy endures for ever” (Rite of Penance, no. 47).

**DISMISSAL:** The priest will conclude the sacrament, often saying, “Go in peace.”

### ***How to Go to Confession:***

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