

An Examination of Conscience

Think about the words of Jesus: "Love one another as I have loved you."

Think about the Ten Commandments and the Golden Rule (page 85).

Ask the Holy Spirit to bring to your mind what you have done, or what you have not done, to follow God's rules. You may want to pray this prayer:

A Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you shall renew the face of the earth.



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Ask Yourself

- Have I used God's name and the name of Jesus with respect?
- Have I honored God by saying my prayers?
- Have I done my best to pay attention at Mass and to pray and sing with my parish?
- Have I shown love to my parents and others who care for me by listening to them and always doing as they ask?
- Have I lied to my parents or my teachers?
- Have I been helpful to my brothers and sisters? Have I been mean to them?
- Have I treated others in a kind and friendly way? Or have I been mean to others?
- Have I played fairly?
- Did I call names or tell lies about someone?
- Did I share my things with others?
- Have I treated the belongings of others carefully? Have I taken what does not belong to me?

The Individual Celebration

1. I take time to ask the Holy Spirit to help me remember what I have done or not done to follow God's rules. I think about the words of Jesus ("Love one another"), the Ten Commandments, and the Golden Rule (page 85). I examine my conscience.
 2. The priest welcomes me. We make the Sign of the Cross together.
 3. We read the Word of God. The priest may ask me to read.
 4. I confess my sins to the priest. He may give me some words of advice or encouragement. Then he gives me my penance.
 5. The priest invites me to pray an Act of Contrition. In my prayer, I tell God that I am sorry for what I have done wrong, and that I will try not to do these things again.
 6. The priest extends his hands or right hand over me and gives me absolution in the name of Jesus. My sins are forgiven! I make the Sign of the Cross with the priest.
 7. We give thanks to God, and then the priest sends me forth in peace. I do my penance as soon as possible. I quietly thank Jesus for giving me his new life of grace and a new start.
- Receive the Sacrament of Reconciliation often. It will help you to follow Jesus. The Church wants us to receive this Sacrament at least once a year. Those who have committed a mortal sin must confess their sins and receive absolution before receiving Holy Communion.



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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.
(Rite of Penance)



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