

An Examination of Conscience

Before celebrating the Sacrament of Reconciliation / Confession, it's important to conduct a personal examination of conscience in order to offer a complete confession.

“You shall love the Lord with all your heart, all your mind, and all your soul!”

- Is God the Father, Son, and Holy Spirit of greatest importance in your life?
- Do you spend time in prayer each day?
- Do you offer thanks and praise to God each day?
- Do you give higher priority to your work, recreation, or possessions?
- Do you speak respectfully of the Lord at all times?
- Do you respect the name of God, and especially of Jesus, at all times?
- Have you missed church worship on any Sunday or any Holy Day?
- Do you keep Sunday as the day of the Lord and a day of prayer?

“You shall love your neighbor as yourself.”

- Are you a person of love as Jesus commands us to be?
- Do you treat your parents, other adults, and all people with respect?
- Do you speak of family members, friends, neighbors, and strangers with charity?
- Have you taken the life of a human person or harmed someone?
- Have you ended or helped to end the life of a pre-born child?
- Have you mistreated or harmed other life?
- Have you broken your marriage commitment or intruded on another's marriage?
- Have you engaged in marital relations before or outside of married life?
- Have you used pharmaceuticals, prophylactics, or surgery to prevent conception?
- Have you made use of pornography or engaged in self-abuse?
- Have you engaged in theft of another's property or money?
- Have you damaged the property of someone else?
- Have you abused or damaged the natural resources of the earth?
- Have you told lies about other people? Have you lied about other matters?
- Have you spoken poorly of others or treated others with little or no respect?
- Are you judgmental or critical of others without cause?
- Do you hold grudges and refuse to forgive family members or others?
- Are you envious and jealous of others, their families, or their possessions?
- Do you appreciate and give thanks for your own blessings?
- Do you share your blessings and possessions with others? With the Church?

An Act of Contrition – Lord God, I am sorry for all my sins. In choosing to do wrong, and failing to do good, I have offended you, whom I should love above all else. With the help of your grace, I promise to confess my sins, to do penance, and to amend my life. **Amen.**

This Act of Contrition is also located in our Church Reconciliation Room.