

Examination of Conscience



1. Make God the most important thing in your life.

Have I put God first, or have I sometimes made other things in my life more important than God?

Do I remember to talk to Him?

Do I choose what God wants for me over what I want for myself?

2. Use God's name the right way.

Have I used God's name with care?

Have I used God's name in the wrong way?

3. Make Sunday a day to worship God.

Have I tried my best to worship God at Mass by singing, praying and listening?

Have I misbehaved during Mass?

4. Love your parents and follow their rules.

Have I obeyed my parents, even when they are not looking?

Have I talked back to them?

5. Be kind to the people and animals God made.

Have I been kind to others?

Have I solved disagreements in a peaceful way?

Have I fought with anyone?

6. Be respectful in the things you do.

Have I been respectful in my actions?

Have I followed God's rules in how I treat my body and respect the bodies of others?

7. Take care of other people's things; don't take what belongs to someone else.

Have I respected other peoples' things?

Have I taken something that doesn't belong to me?

8. Tell the truth.

Have I told the truth?

Have I told a lie or things that were only partly true?

9. Keep your thoughts and words virtuous (good and holy).

Have I been virtuous (good and holy) in the things I think and say?

Have I told or listened to any dirty jokes?

Have I watched any movies or shows that I shouldn't have seen?

Have I tried to keep my mind on good things?

10. Be happy with the things you have.

Have I been happy with the things I have?

Have I been jealous of others?



Sacrament of Reconciliation Guide

“The LORD is loving and merciful, slow to become angry and full of constant love.”
Psalm 145:8

ST. VINCENT  DE PAUL
CATHOLIC CHURCH

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Steps for the Sacrament of Reconciliation

Before Going to Confession:

- Pray to the Holy Spirit to make an Examination of Conscience to think of your sins. (*An Examination of Conscience is on the back of this guide.*)
- Stand in line to wait your turn to receive the sacrament.

To Go to Confession:

- Enter the Reconciliation Room or go to a priest at a Reconciliation Station.
- Sit in the chair or kneel in front of the screen. (*When you have a choice*)



How to go to Confession:

1. Make the Sign of the Cross.
2. Say: “Bless me Father, for I have sinned. This is my first Reconciliation OR the last time I went to Reconciliation was _____ (6 months ago, last year, Lent, etc.)”
3. Say: “ My sins are _____. (Tell the priest your sins and tell him when you are finished.)
4. Say: “I am sorry for these sins and all the sins of my past life”
5. Listen to the priest and his advice.
6. Listen and remember the Penance the priest gives you.
7. Say: The “Act of Contrition” prayer. (*The “Act of Contrition” prayer is on the next panel.*)
8. Make the Sign of the Cross as the priest blesses you and gives you Absolution.
9. Say: “Thank you, Father.”

After Going to Confession:

- Return to your seat and kneel down to pray and say your Penance.
- Say a Thank You prayer for God’s forgiveness.
- Read a book or pray in silence while you wait until everyone has had a chance to celebrate the sacrament.

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.

