

# Examination of Conscience

***Trust: We live in a world that is becoming increasingly materialistic. You have to look after number one. There is no room for trust in God's way of justice if you are going to get on in the world. That is so readily accepted today that it is destroying us.***

- ✘ Do I do an honest day's work for an honest day's pay?
- ✘ Do I falsify tax returns and so put a burden on others?
- ✘ Do I take my place in fighting injustice in our society?
- ✘ Do I contribute to supporting the poor?

***Innocence: When we say that someone has lost his or her innocence, we usually mean it in sexual terms. That is much too narrow an application because innocence involves our whole way of life. But our sexuality is central to life and how we use our sexuality is significant in our response to God's desire for us.***

- ✘ In reading books or magazines, do I look for sexual excitement?
- ✘ What do I look for in the tv programs or movies I watch?
- ✘ How do I regard my body?
- ✘ Do I abuse my gift of sexuality?
- ✘ Do I try to reverence the sexual dignity of others?
- ✘ In marriage, do I use sex as a bargaining power or as the free gift of myself?

***Enthusiasm: Lift a child in the air and when you put him or her down again, you'll almost always hear: "Do it again!" And if there's another child there, you'll hear: "Do it to me, too!"***

- ✘ Is this the way I am with God and the things of God?
- ✘ Do I pray every day?
- ✘ Is my prayer enthusiastic or a bit of a drag
- ✘ Do I go to Mass every Sunday and holy day?
- ✘ Do I take an active part in Mass?
- ✘ Am I involved in the Parish in any active way?

***Sense of Wonder: In adults, we see the loss of a sense of wonder about life. Drink, and in more recent times, drugs are such signs. These are entered into and abused most often out of boredom or a search for some "kick" out of life. They only lead to a further diminishing of the spirit.***

- ✘ Do I drink in excess?
- ✘ How does my drinking affect my family and friends?
- ✘ Do I encourage others to drink more than they want?
- ✘ Do I take drugs?
- ✘ Do I spend a lot of money on my own pleasure and entertainment?
- ✘ Do I gamble a lot?

***Forgiveness: Children don't hold grudges for very long. Adults can hold grudges for a lifetime.***

- ⊗ Is there anyone whom I find difficult to forgive?
- ⊗ Who or what makes me angry in family life, my life in church, my work life, my social life?
- ⊗ Do I talk about and criticize particular people?
- ⊗ Whom have I hurt by an angry word or action?

### **HOW TO GO TO THE SACRAMENT OF RECONCILIATION**

1. The priest will welcome and greet you.
2. The penitent begins by making the Sign of the Cross.
3. The penitent then begins his/her confession in these or similar words:

Bless me Father for I have sinned. It has been \_\_\_\_ (weeks, months, years) since my last confession.

Since then, these are my sins. (Confess all the sins, attitudes, faults that you wish to ask God's forgiveness.)

For these and my sins, I am deeply sorry.

4. Listen to the words of the priest. He may ask you some further questions or give you some spiritual guidance. He will then suggest a penance for you to do.
5. The priest will then ask you to pray, in the silence of your heart or aloud, an Act of Contrition.
6. The priest will then pray the Prayer of Absolution over you. Listen to the words of forgiveness, making the Sign of the Cross with the priest.
7. The priest will dismiss you in these or similar words, "Go in the peace of Christ" and you can respond "Thanks be to God."

### **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.