

Sacrament of Reconciliation - Examination of Conscience

- **Have you neglected your relationship with God by neglecting church, prayer and spiritual reading or by praying in a rote inattentive way?**
- **Do you have one or more relationships that are in “negative territory”? If so, what action on your part might move the relationship into neutral or better still positive territory? To what extent are you willing to take that action? Is there someone you need to forgive? Currently are you holding onto a grudge or resentment towards another?**
- **In general what is your attitude towards poor and homeless people, migrants, legal and illegal? Do you think your attitude aligns with the teachings of Jesus and our church?**
- **Have you let evil talk pass your lips? Have you misused the gift of speech by using bad language, taking God’s name in vain, by gossip and talking bad about others? Have you talked to others in disrespectful ways?**
- **Do you sadden the Holy Spirit by rarely seeking his guidance or by ignoring his promptings?**
- **Have you been dishonest with God, others or with yourself?**
- **Have you viewed pornographic images or been unchaste with another and with myself?**
- **Do you tend to be private and secretive about your Catholic faith or do you gladly share your faith when given the opportunity?**
- **Do you tend to be a positive and grateful person or do you tend to be a negative and grumbling person?**
- **If married, do you *work* on your marital relationship to keep it strong and positive? Or do you tend to let things slide and not deal with things that hurt the relationship?**

Do you tend to be materialistic and greedy with your material blessings or do you make a decent effort to share your time, treasure and talent with others?

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.

Amen