**EXAMINATION OF CONSCIENCE based on Act of Contrition**

1. Ask the Holy Spirit to guide you
2. Go through the Act of Contrition we pray at Mass

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God

**I CONFESS TO ALMIGHTY GOD** Do I sincerely want to be set free from sin and turn again to God?  Do I seek a deeper relationship with God in this sacrament of reconciliation?

**AND TO YOU, MY BROTHERS AND SISTERS**  Do I have a genuine love for my family and friends, neighbors and co-workers, or fellow students?  Have I contributed to the well being and happiness of others at home?  Am I aware of my global relationship to those suffering and dying in other parts of the world?  Am I committed to seek peace and promote justice for every person?

**THAT I HAVE GREATLY SINNED**  Do I blame others for my wrongdoing or for the misfortune that befalls me?  Do I accept responsibility for the commitments I have made to others – my spouse? my parents? my children? my parish?  Do I accept that society’s evils are within my power to change?

**IN MY THOUGHT AND IN MY WORDS**  Have ever harbored ill thoughts against another person?  Have my addictions affected my judgment or behavior?  Have my fears or prejudices prevented me from speaking out on behalf of the poor, the unborn, or people of other races?  Have my words caused others hurt? Has my silence caused others harm?

**IN WHAT I HAVE DONE** Do I seek to be the center of attention? Have I imposed my will on others without respecting their needs or freedoms?  Am I focused on my needs to the detriment of the needs of others?  Am I obsessed with having the perfect body, making more money, or having the latest technology?  Do I need to be in control of all people and all situations?  Do I work more than is healthy for my mind or body?

**AND IN WHAT I HAVE FAILED TO DO**  Have I neglected by responsibilities to my family?  Have I neglected my health?  Have I neglected my prayer life?  Do I use the earth’s resources wisely?

**THROUGH MY FAULT, THROUGH MY FAULT, THROUGH MY MOST GREVIOUS FAULT ** Do I recognize my own sins?  Does my ego or my self-righteousness prevent me from seeing my own errors?  Do I blame broken relationships on others?

**THEREFORE I ASK BLESSED MARY, EVER-VIRGIN AND ALL THE ANGELS AND SAINTS ** Do I appreciate the great gift of the Eucharist?  Do I worship with my Community each Sunday?  Do I reflect often on what God is calling me to do?

**AND YOU MY BROTHERS AND SISTERS ** Am I so independent that I refuse to ask for help or let others assist me?  Do I support and defend other members of my family?  Do I give others the opportunity to share their gifts and talents?  Do I treat those who wait on me or who work with me with the dignity they deserve as fellow human beings?

**TO PRAY FOR ME TO THE LORD OUR GOD**.  Do I promise prayers for people and situations and not follow through?  Do I remember to pray for others in my parish, especially for those who are preparing to receive the sacraments?  Do I pray for the living and the dead?