


We examine our conscience.

God has given each person a **conscience**. This gift helps a person to know what is right and what is wrong.

We can prepare to celebrate the sacrament of Reconciliation by examining our conscience. This means we think about our thoughts, words, and actions.

The Holy Spirit helps us to remember the choices we have made. We think about the ways we have or have not followed the Ten Commandments. We ask ourselves questions like these.

- Did I speak God's name with respect and pray to him?
- Did I care for myself and the gifts God has given to me?
- Did I obey my parents and all those who care for me?

 Think about other questions you can ask yourself to examine your conscience. Write one of them here.



Key Word

conscience

God's gift that helps us to know right from wrong

We tell God we are sorry for our sins.

Another word for *sorrow* is contrition.

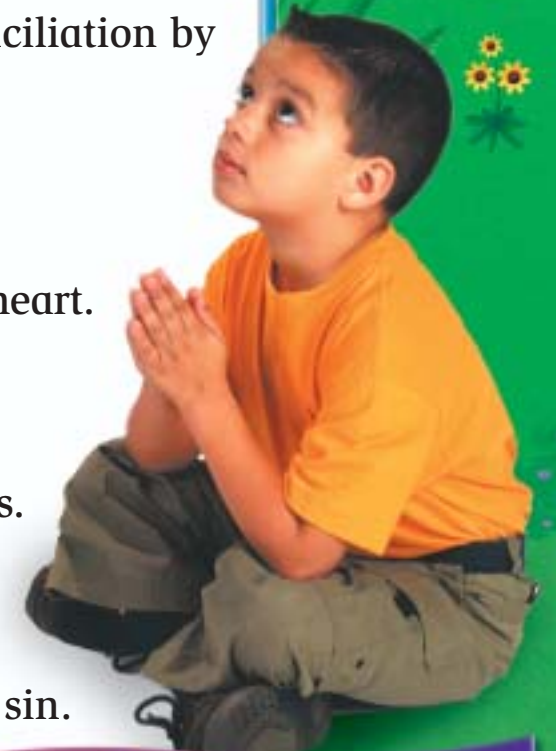
We tell God we are sorry for our sins in the sacrament of Reconciliation. We also tell God we will try not to sin again. We do both of these things when we say the Act of Contrition. Prepare for the sacrament of Reconciliation by learning this prayer.

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.

WE RESPOND

How can you show God you are truly sorry?
Pray together the Act of Contrition on this page.



As Catholics...

Many Catholics make an examination of conscience during their nighttime prayer. They think about ways they have or have not followed Jesus' example that day. They ask themselves how they have respected God, themselves, and others. They then ask the Holy Spirit to help them make better choices.

Ask the Holy Spirit to help you to make good choices, too.