

EXAMINATION OF CONSCIENCE

*Our Father who art in Heaven,
hallowed be thy name....*

Do I...

- Love God with all my heart & strength?
(Ask God to help me love him more)
- Pray every day? (Think of God & talk with him?)
- Read & reflect on God's Word daily?
- Pray for others/Pray with my family?

*Thy Kingdom come. Thy will be done
on earth as it is in Heaven...*

Do I...

- Seek ways of bringing a "slice of Heaven to earth" with my actions?
- Reflect on ways of improving my life?
(*"listen" in prayer to the promptings of the Holy Spirit*)
- Take my full part in Mass each Sun?
- Reflect the light of Christ? (*Live as a follower of Jesus Christ*)
- Draw people closer to Christ?
- Know Christ's standards of good & evil & stand up for them?
- Develop the talents & graces God gives me to do His will?
- Show my love for God by loving & serving others? Do I serve with joy?
- Show concern for the sick, suffering & friendless?
- Tell the truth at all times/behave with honesty?
- Say "not my will, but yours be done"?

Give us this day, our daily bread....

Do I...

- Trust that God will provide all that I need
- Thank God for his gifts?
- Give thanks in everything I do?
- Waste resources?
- Gather too many goods for myself and my family?
- Accept daily crosses as coming from God? (*Take up my cross daily & follow Christ*)

...and forgive us our trespasses....

Do I keep all the commandments?

10 Commandments

(Deuteronomy 5:6-21)

1. *I, the Lord, am your God. You shall have no other gods besides me.*
2. *Do not take the name of the Lord God, in vain.*
3. *Keep holy the Sabbath day*
4. *Honor your father and your mother.*
5. *Do not kill.*
6. *Do not commit adultery.*
7. *Do not steal.*
8. *Do not bear false witness against your neighbor.*
9. *Do not covet your neighbor's wife.*
10. *Do not covet anything that belongs to your neighbor.*

*...as we forgive those who trespass
against us...*

Do I...

- See Jesus in others?
- Love others as Jesus loves us?
- Forgive others as God forgives?
- Hold grudges; bicker & gossip?
- Work and pray to overcome injustice?
(*Support honest agencies that work for those in need*)

...and lead us not into temptation...

Do I...

- Pray in time of temptation & stress?
(*Ask the Holy Spirit for guidance & strength in dying to sin.*)
- Let Christ's values rule my life?
- Seek the kingdom of God first?

...but deliver us from evil...

Do I...

- See Christ as the King, Ruler & Savior of my life?

AMEN!

Act of Contrition:

*•O my God, I am sorry for my sins, & with
your help I will try not to sin again.*

or

*•Lord Jesus Christ, Son of the living God,
have mercy on me, a sinner.*

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