

EXAMINATION OF CONSCIENCE FOR FIRST RECONCILIATION

We examine our conscience by asking ourselves if we have sinned against God, against others, or against ourselves. We hurt our friendship with Jesus when we sin. The sacrament of Reconciliation repairs our friendship. In order to prepare for this sacrament, we should review our lives and ask how and when we have hurt our relationships with God, with others, and with ourselves.

1. HOW IS MY RELATIONSHIP WITH GOD?

- Do I always remember that I am a beloved child of God and that God loves me more than I can ever imagine?
- Do I pray everyday? When I pray, do I remember that I am talking and listening to God?
- Do I pay attention and participate at Mass?
- Do I use God's name, including Jesus' name, with respect?

2. HOW IS MY RELATIONSHIP WITH OTHERS? Do I always remember that each and every person is a child of God?

FAMILY

- Do I show respect toward my parents?
- Am I kind and fair to my brothers or sisters?
- Am I good example to younger children?

FRIENDS

- Do I treat friends and other students kindly and fairly?
- Have I ever said anything that was unkind or untrue about another person? Do I ever try to exclude others from a group?
- Have I ever encouraged another person to make a bad choice?
- Do I forgive others if they hurt me? Am I holding a grudge against anyone?
- Do I say things or make jokes that are crude or disrespectful of other people?
- Have I ever taken anything that does not belong to me?

SCHOOL

- Do I show my teachers respect? Do I disrupt class?
- Am I serious about my schoolwork and homework?
- Have I ever cheated on homework or on a test?

3. How is my relationship towards myself? When I make choices, do I consider how much God loves me and wants me to do the right thing?

- Do I lose my temper and act out in anger?
- Do I get jealous and focus on what other people have?
- Am I grateful for all the gifts God has given me? Do I remember to say thank you to God?

Now that you have reflected on your relationship toward God, toward other people, and toward yourself - ask yourself:

- For what actions do I need to say 'I'm sorry' to God? For what omissions do I need to say 'I'm sorry' to God?
- Do I want God to help me to become better and become more holy?
- What sins do I need to confess today to ask for God's forgiveness and the and to accept His grace so I can change?

HOW I GO TO CONFESSION

Father greets me.

I make the sign of the cross while I say:

Bless me, Father, for I have sinned. This is my first confession. OR It has been [X Months] since my last confession.

I talk with the priest about myself and about the wrong choices I have made—I tell him my sins. Then I can say, “I am sorry for all of my sins.”

Father talks to me about loving God and others

Father gives me a penance—usually to say a prayer or do a kind deed.

I say an Act of Sorrow (contrition)

ACT OF SORROW

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. Amen.

Father raises his hands over me to give me absolution and blessing.

I make the Sign of the Cross with Father.

I say, “Thank you.”