

We examine our conscience.

WE GATHER

✝ Holy Spirit, send us your peace.

It is important to stop and think about things that we do.

Think about the things that you did yesterday. Talk about some of them.

WE BELIEVE

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

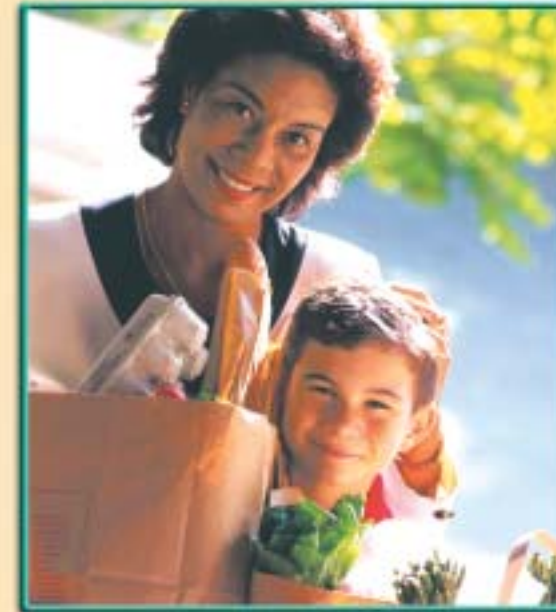
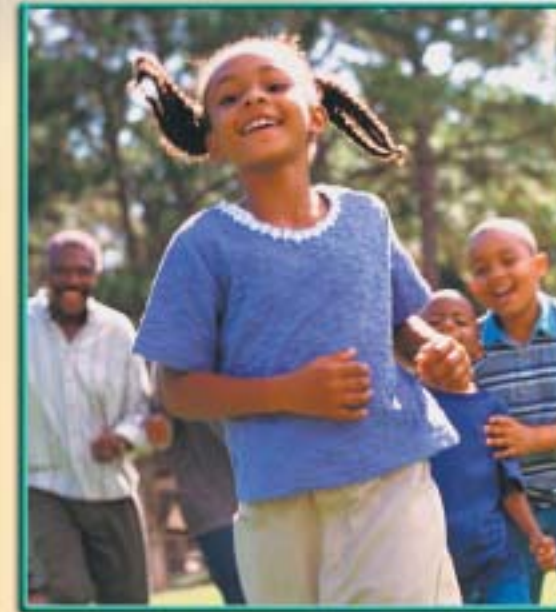
We can prepare to celebrate the sacrament of Reconciliation by examining our conscience. This means we think about our thoughts, words, and actions.

The Holy Spirit helps us to remember the choices we have made. We think about whether or not we have followed God's laws. We think about the ways we have or have not followed the Ten Commandments.

Key Word

conscience

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



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

WE RESPOND

When you examine your conscience, you can ask yourself questions like these. As you read these questions, talk to God quietly about your answers.

Respect for God

- Did I always speak God's name in the right way?
- Did I pray to God?

Respect for Myself

- Did I take care of my body?
- Was I grateful for all the gifts God has given to me?

Respect for Family and Others

- Did I obey my parents and all those who care for me?
- Did I hurt someone by what I said or did?



Think about other questions you can ask yourself to examine your conscience.

Write one of them.
