

*We Celebrate . . .*

# The Rite of Penance

We prepare to celebrate the Sacrament of Penance and Reconciliation by making an examination of conscience. We look closely at the decisions we have made. We take responsibility for the times we have freely chosen to sin, thereby offending God and hurting others and ourselves.

## Examination of Conscience

To help form one's conscience well, you can make an examination of conscience. Here you can reflect on how you have lived according to God's Laws.

- ▶ How have I shown my love for God and thanked him for all that he has provided?
- ▶ Have I used the names of God, Jesus, and Mary with respect?
- ▶ Do I participate in Mass on Sunday each week?
- ▶ When have I obeyed my parents and those adults who care for me?
- ▶ Do I show respect for God's gift of human life?
- ▶ How have I respected my body and the bodies of others?
- ▶ Have I taken something that does not belong to me? Do I cheat?
- ▶ Am I truthful in my thoughts and words? Do I avoid and condemn gossip and rumors?
- ▶ How have I been modest in my appearance and behavior? Am I pure in my thoughts, words, and deeds?
- ▶ Am I jealous of the blessings of others? Am I satisfied with what I have? Am I generous to people in need?

