

Examination of Conscience

*"I give you one commandment: love one another.
As I have loved you, so you also should love one another."*

(JOHN 13:34)

MY RELATIONSHIP WITH

God

MY RELATIONSHIP WITH

Others

MY RELATIONSHIP WITH

Creation

MY RELATIONSHIP WITH

Myself

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GOING TO THE SACRAMENT OF RECONCILIATION

Begin by saying: *Bless me Father for I have sinned. It has been ... (length of time) ... since my last confession.*

Confess your sins to a priest and conclude with:
For these and all my sins I am sorry.

The priest will give you a penance, something you do to make up for your sins.

Then you can improvise a prayer of contrition or say:

O my God, I am sorry for having sinned. I love you with all my heart. With your help, I will try not to sin again. Amen. (GIFGIC Gr.2)

The priest will say the prayer of absolution.

Return to a quiet place to say the prayers given to you by your confessor.

If you are uncertain of these steps, ask the priest to help you.

He will be happy to do so.

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