

QUESTIONS TO REFLECT ABOUT IN PREPARATION FOR THE SACRAMENT OF RECONCILIATION

A Good Catholic Examination of Conscience

Have I put God first in my life through prayer, mass and the sacraments?

Did I forget I needed a Savior and rely mainly on myself?

Did I trust in people, possessions and power more than God?

Did I try to control situations and people beyond my control instead of leaving their care to God?

Was I vulgar or profane?

Did I disrespect or dishonor parents, family, elders or superiors?

Did I disrespect the dignity of life?

Did I lie, steal, cheat or was I envious about what someone else had?

Was I unforgiving, prideful, judgmental, greedy, gluttonous or lazy?

Was I lustful or impure in thought, word or action?

Did I focus on success, perfection, praise and approval for my worth?

Did I fail to use God-given talents and resources to help and serve others, especially the most helpless and needy?

Was I self-absorbed instead of generous and charitable?

For all of my sins and failings, Lord, I seek your mercy and love.