

# EXAMINATION OF CONSCIENCE

(Thinking of the sins you have committed)

This is to be done **a day or two before** receiving the Sacrament.

We prepare for the Sacrament of Reconciliation by thinking about how we live Jesus' Law of Love.

Jesus said: "You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This *is* the first commandment. And the second, like *it, is* this: 'You shall love your neighbor as yourself.' **There is no other commandment greater than these.**" (Mark 12:30-31, emphasis added).

These questions can help us think about our lives.

- How do I show my love for God and for others?
- Did I usually say my daily prayers?
- Did I always obey my parents?
- Did I think of others--my parents, my brothers and sisters? Was I mean to them?
- Was I kind to my teacher and friends?
- Was I kind and fair in the way I played and worked?
- Did I share my things with others?
- Did I care for the things of others?
- Did I hurt others by telling lies or by stealing or by calling them names?
- Did I worship God by going to Mass and taking part in the celebration?