

Examinations of Conscience

FOR ADULTS

- Do I make time for God every day through prayer? Are there other 'gods' in my life? Money, power, people, etc.?
- Have I taken the Lord's name in vain, either carelessly, in anger, or surprise?
- Do I miss Mass on a Sunday or a Holy Day of Obligation?
- Do I deliberately harbor unkind and revengeful thoughts about others? Do I gossip about others or listen to gossip?
- Have I read, listened to, viewed, or spoken of impure things?
- Have I failed to apologize, forgive someone or held a grudge to someone I offended?
- Am I greedy or selfish or envious of someone's possessions, talents, or blessings?
- Have I failed to physically take care of myself by not getting enough rest, eating healthy, or excessive use of alcohol and drugs?
- Have I been ungrateful to God for His benefits or forget to thank Him for his many blessing in my life?
- Have I been prejudiced toward others because of race, color, religion or social status?

FOR ELDERLY/SENIORS

- Do I feel grateful for the kindness of my family and others, and appreciative of my caregiver's efforts?
- Do I feel angry because someone else had more money, or better health, or because my grown children did not have enough time to spend with me?
- Have I neglected to pray, to acknowledge my shortcomings, and take time to grow in my faith?
- Have I used my physical limitations as an excuse for laziness?
- Have I been a "busybody," unkind to a neighbor either by my thoughts or by my actions?
- Have I indulged my love of sweets or snack foods, to the disadvantage of my health?
- Have I continued to smoke heavily, or to consume alcoholic beverages excessively?
- Have I been excessive in any activity, such as watching too much TV?
- Was I unkind (or rude) to a telephone caller, impatient with a visitor, crabby when things don't go just the way I wanted?
- Do I believe that I have no need of confession, because I never or very rarely leave the house?

FOR MARRIED PERSONS

- Have I told God that I want to love him with my whole heart, mind and strength?
- Have I cared for my spouse? Have I been generous with my time?
- Have I listened to my spouse? Paid attention to their concerns, worries, and problems?
- Do I neglect my duties to my husband, wife, children or parents?
- Have I forgiven my spouse for the wrongs he or she has committed against me?
- Have I allowed misunderstanding, miscommunication or accidents to cause anger and mistrust?
- Have I manipulated my spouse in order to get my own way?
- Have I cared for the spiritual needs of my children? Have I prayed with them?
- Have I been a good Christian witness to my children in what I say and do?
- Have I treated my child(ren) with respect? Have I spoken to them in a sarcastic or demeaning way?
- Have I held resentments and anger against those with whom I work, relatives or friends?

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

Amen.

Prayer After Confession

Dear Jesus,
My friend, my confidant and my savior,
Thank you for Your sacrifice
That washed away my sins,
And gave me the opportunity to be
More like You in every choice I make.
Thank you for the gift of reconciliation.
I know I don't always see it as a gift,
And I ask You to help me view it as a gift
With eyes like Yours.

I promise to do my best to avoid sin,
But I fully acknowledge that I can't do it without You.
Please help me to remember my promise,
And help me to be more fully aware
That You are with me this day and always.



www.StAmbrose.us