

Examination of Conscience

Heavenly Father,
help me with the light of your Holy Spirit to make an
honest examination of conscience.

Help me to humbly acknowledge my fault,
seek your forgiveness and amend my ways. Amen.



For all these faults,

Lord, forgive me and heal me!

- ◆ For not forgiving myself as You, Lord forgive me.
- ◆ For not using or misusing my gifts and talents.
- ◆ For self-abuse with alcohol, drugs, food, sex, lack of rest and exercise.
- ◆ For shirking responsibilities at home, at work, at school, at Church with my family, with my friends.
- ◆ For being bigoted, self- opinionated, proud and arrogant.
- ◆ For my lack of love shown in anger and impatience with my spouse or child or parent or relative or fellow-worker or friend.
- ◆ For cheating, deceiving, lying, stealing and all meanness of spirit.
- ◆ For downright laziness.
- ◆ For marring your beautiful creation with litter.
- ◆ For wasting precious resources of energy, food, water and materials.
- ◆ For not taking time to care for, support and affirm my spouse, or child or parent or relative or fellow worker or neighbour or friend.
- ◆ For idle gossip, hasty judgement, malicious talk and destruction of another's good name.
- ◆ For using and abusing others.
- ◆ For unfaithfulness in marriage, in business, in friendships.
- ◆ For ingratitude for personal blessings and being envious and jealous of the good fortune of others.
- ◆ For ignoring, Lord, your special people: the sick, the handicapped, the aged, the lonely, the grieving and the innocent.

- ◆ For giving bad example and scandalizing the weak.
- ◆ For ill treatment of your animals and other creatures.
- ◆ For entering recklessly into occasions for sin and actively encouraging others to break your commandments.
- ◆ For corrupting my speech with gutter language.
- ◆ For the many days, weeks, months without prayer.
- ◆ For distracting and unthinking “prayer”.
- ◆ For not worshipping with my community, missing Mass without cause, arriving late, not joining in the liturgy and criticising the efforts of others.
- ◆ For being too lazy to read your scriptures.
- ◆ For not trying to learn more about my faith.
- ◆ For abusing your glorious name
- ◆ For living as if you had no claim on my life.
- ◆ For blaming you Lord, for all the evil in the world.
- ◆ For neglecting Reconciliation and the Eucharist.
- ◆ For allowing myself to be corrupted by materialism and consumerism to buy what I really don't need.
- ◆ For ignoring your call to daily penance and self-denial especially during Lent.
- ◆ For any thought, word, deed or omission that hinders our love;

For all these faults;

Lord, forgive me and heal me!

For all my sins and weaknesses;

Lord, forgive me and heal me!

Make me over, Lord,

into the beautifully human person

you wish me to be.

Amen.

