

# Center 6

## Examine Your Conscience

### Goal

To learn that when we examine our conscience, we reflect on the actions of our lives, what we do or fail to do.

### Church Teaching

Catechism of the Catholic Church, paragraphs 1454, 1456, 1785

### What You Will Learn

1. To reflect on the things we do that are sins
2. To consider the good things we have done, as well as what things keep us from doing good
3. To explain the meaning of conscience

### Directions for the Activity

Read Luke 6:35-38 and Psalm 119:1-5.

- Give examples of how God loves you and how you show love for others.
- Discuss the meaning of the word “conscience” (our inner voice). We listen to the voice inside us that tells us the difference between right and wrong.
- Take one box – your Examination of Conscience box
- Take one of the “Examination of Conscience” labels and place on your box prior to folding- this box will hold those “sins” that you have committed to better help you prepare for your First Reconciliation in a few weeks
- Take one sheet of “sins”. Notice that many are filled out, but there are blank squares to write a sin down that may not be listed. You will cut the sins apart (at home) as needed and drop them in your box to keep track of sins you have committed.
- Take the box, the sin sheet, an examination of conscience sheet and an Act of Contrition card with you when you are done.
- Right before your day to make First Reconciliation, sit down with your parents and open the box. Take out your slips of paper with your sins and read through them together the same way you will do at reconciliation. “Bless me Father for I have sinned, \_\_\_\_\_” and continue with reading the slips of paper for each one. When you go to reconciliation you will have prepared your conscience for what you need to confess.
- Remember to practice the Act of Contrition card regularly.

COMPLETE AND UPDATED

# CATECHISM



# OF

# THE CATHOLIC CHURCH



1454 The reception of this sacrament ought to be prepared for by an *examination of conscience* made in the light of the Word of God. The passages best suited to this can be found in the Ten Commandments, the moral catechesis of the Gospels and the apostolic Letters, such as the Sermon on the Mount and the apostolic teachings.<sup>53</sup>

## The confession of sins

1455 The confession (or disclosure) of sins, even from a simply human point of view, frees us and facilitates our reconciliation with others. Through such an admission man looks squarely at the sins he is guilty of, takes responsibility for them, and thereby opens himself again to God and to the communion of the Church in order to make a new future possible.



1456 Confession to a priest is an essential part of the sacrament of Penance: "All mortal sins of which penitents after a diligent self-examination are conscious

1855 must be recounted by them in confession, even if they are most secret and have been committed against the last two precepts of the Decalogue; for these sins sometimes wound the soul more grievously and are more dangerous than those which are committed openly."<sup>54</sup>

When Christ's faithful strive to confess all the sins that they can remember, they undoubtedly place all of them before the divine mercy for pardon. But those who fail to do so and knowingly withhold some, place nothing before the divine goodness for remission through the mediation of the priest, "for if the sick person is too ashamed to show his wound to the doctor, the medicine cannot heal what it does not know."<sup>55</sup>

1505



1785 In the formation of conscience the Word of God is the light for our path,<sup>54</sup> we must assimilate it in faith and prayer and put it into practice. We must also examine our conscience before the Lord's Cross. We are assisted by the gifts of the Holy Spirit, aided by the witness or advice of others and guided by the authoritative teaching of the Church.<sup>55</sup>

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***Luke 6:35-38***

“But rather, love your enemies and do good to them,  
and lend expecting nothing back;  
then your reward will be great and you  
will be children of the Most High, for he himself  
is kind to the ungrateful and the wicked.  
Be merciful, just as (also) your Father is merciful.  
Stop judging and you will not be judged.  
Stop condemning and you will not be condemned.  
Forgive and you will be forgiven.  
Give and gifts will be given to you;  
a good measure, packed together, shaken down,  
and overflowing, will be poured into your lap.  
For the measure with which you measure will in return  
be measured out to you.”

***Psalm 119:1-5***

Happy those whose way is blameless,  
who walk by the teaching of the Lord.  
Happy those who observe God’s decrees,  
who seek the Lord with all their heart.  
They do no wrong;  
they walk in God’s ways.  
You have given them the command to keep  
your precepts with care.  
May my ways be firm  
In the observance of your laws!

<p>I did not say any prayers this week.</p>	<p>I used Jesus Christ's name when I was angry.</p>	<p>I told my parents I didn't want to go to church this weekend.</p>
<p>I talked back to my parents and was disrespectful.</p>	<p>I took something from someone that was not mine.</p>	<p>I talked bad about a friend or classmate behind their back.</p>
<p>I fought with my brother or sister.</p>	<p>I was mean to a friend because they wouldn't let me play with something I wanted or I did not share my things.</p>	<p>I was not paying attention during Mass time.</p>
<p>I laughed or made fun of another classmate.</p>	<p>I was jealous of a friend who got something special and I wanted it too.</p>	<p>I haven't been good in school or did not complete my homework.</p>
<p>I hurt someone's feelings by my actions or words.</p>	<p>I was lazy and did not do my chores or help around the house.</p>	<p>I did not tell the truth to my parents, siblings, teachers, friends or someone else.</p>

## Examination of Conscience

An examination of conscience is the act of looking prayerfully into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions. We reflect on the Ten Commandments and the teachings of the Church. The questions below help us in our examination of conscience.

Did I pay attention at Mass?  
Have I fooled around in Church?  
Did I say my prayers every day?  
Did I say mean things to my mom or dad?  
Did I always say "Thank You" to people?  
Am I hard to get along with (during school, at Grandma's, at home?)?  
Did I do what my mom and dad told me to do? My teacher?  
Was I lazy around the house?  
Did I do my chores?  
Did I hurt others people's feelings by calling them bad names?  
Have I started fights with my brothers and sisters at home?  
Have I blamed other people for things I do?  
Did I get other people into trouble?  
Do I hit people when I get mad?  
Have I forgiven people? Or am I holding a grudge?  
Have I cheated or been unfair in games?  
Did I refuse to play with someone for no good reason?  
Was I was lazy about my schoolwork?  
Did I fail to do my homework?  
Did I cheat in school?  
How many times did I lie to my parents? My teachers? My friends?  
Did I take anything that didn't belong to me?  
Did I avoid medicine? Did I refuse to eat food I didn't like?



### My Relationship With God

What steps am I taking to help me grow closer to God and to others? Do I turn to God often during the day, especially when I am tempted?

Do I participate at Mass with attention and devotion on Sundays and holy days? Do I pray often and read the Bible?

Do I use God's name and the names of Jesus, Mary, and the saints with love and reverence?

### My Relationships With Family, Friends, and Neighbors

Have I set a bad example through my words or actions? Do I treat others fairly? Do I spread stories that hurt other people?

Am I loving of those in my family? Am I respectful of my neighbors, my friends, and those in authority?

Have I taken or damaged anything that did not belong to me? Have I cheated, copied homework, or lied?

Do I quarrel with others just so I can get my own way? Do I insult others to try to make them think they are less than I am? Do I hold grudges and try to hurt people who I think have hurt me?

**Act of Contrition**

My God, I am sorry for my sins with all my heart.

In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us.

In his name, my God, have mercy. Amen.

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