

THROUGH MY FAULT, THROUGH MY FAULT, THROUGH  
MY MOST GRIEVOUS FAULT

- ◆ Do I recognise my own sins?
- ◆ Does my ego or my self-righteousness prevent me from seeing my own errors?
- ◆ Do I blame broken relationships on others?

THEREFORE I ASK BLESSED MARY, EVER-VIRGIN, AND  
ALL THE ANGELS AND SAINTS

- ◆ Do I appreciate the great gift of the Eucharist?
- ◆ Do I worship with my Community each and every Sunday?
- ◆ Do I reflect often on what God is calling me to do?

AND YOU MY BROTHERS AND SISTERS

- ◆ Am I so independent that I refuse to ask for help or let others assist me?
- ◆ Do I support and defend other members of my family?
- ◆ Do I give others the opportunity to share their gifts and talents?
- ◆ Do I treat those who wait on me, or who work with me, with the dignity they deserve as fellow human beings?

TO PRAY FOR ME TO THE LORD OUR GOD.

- ◆ Do I promise prayers for people and situations and not follow through?
- ◆ Do I remember to pray for others in my parish, especially for those who are preparing to receive the sacraments?
- ◆ Do I pray for the living and the dead?

## Examination of Conscience for Masses of Reconciliation



Dear brothers and sisters in Christ,

Please use the following examination of conscience based on the ‘confiteor’ of the Mass in preparation for the Masses of Reconciliation. There will be no ‘examination of conscience’ within the Mass in order to keep our time together reasonable, and to allow as many people to come to individual Confession following the communal celebration of Mass. So please ‘do your homework’ come to the Masses recollected, aware of your sins, and prepared to ask the Lord for his mercy.

Any examination of conscience, is not about prompting feelings of guilt or shame, asking the God for the grace to see clearly those parts of our live which keep us from living feely, securely, and at peace with ourselves and one another in God’s love.

There is no sin too grave for God’s mercy, no sinner beyond God’s salvation. As St Augustine of Hippo (354-340 AD) once said:

*“[For God] there is no saint without a past, and no sinner without a future.”*

This is a facet of the hope we are called to embrace during this Holy Year.

*Prayers, Canon Jonathan Mitchell*

## I CONFESS TO ALMIGHTY GOD

- ◆ Do I sincerely want to be set free from sin and turn again to God?
- ◆ Do I seek a deeper relationship with God in this sacrament of reconciliation?

## AND TO YOU, MY BROTHERS AND SISTERS

- ◆ Do I have a genuine love for my family and friends, neighbours and co-workers, or fellow students?
- ◆ Have I contributed to the well-being and happiness of others at home?
- ◆ Am I aware of my global relationship to those suffering and dying in other parts of the world?
- ◆ Am I committed to seek peace and promote justice for every person?

## THAT I HAVE GREATLY SINNED

- ◆ Do I blame others for my wrongdoing or for the misfortune that befalls me?
- ◆ Do I accept responsibility for the commitments I have made to others – my spouse? My parents? My children? My parish?
- ◆ Do I accept that society's evils are within my power to change?

St Peter Alcántara (1499-1562):

*“Truly matters in the world are in a bad state; but if you and I begin in earnest to reform ourselves, a really good beginning will have been made.”*

## IN MY THOUGHTS AND IN MY WORDS

- ◆ Have I harboured ill thoughts against another person?
- ◆ Have my addictions affected my judgment or behaviour?
- ◆ Have my fears or prejudices prevented me from speaking out on behalf of the poor, the unborn, or people of other races?
- ◆ Have my words caused others hurt? Has my silence caused others harm?

## IN WHAT I HAVE DONE

- ◆ Do I seek to be the centre of attention? Have I imposed my will on others without respecting their needs or freedoms?
- ◆ Am I focused on my needs to the detriment of the needs of others?
- ◆ Am I obsessed with having the perfect body, making more money, or having the latest technology?
- ◆ Do I need to be in control of all people and all situations?
- ◆ Do I work more than is healthy for my mind or body?

## AND IN WHAT I HAVE FAILED TO DO

- ◆ Have I neglected my responsibilities to my family?
- ◆ Have I neglected my health?
- ◆ Have I neglected my prayer life and faith?
- ◆ Do I use the earth's resources wisely?

St John Vianney (1786-1859):

*“Your sins, your many sins are but as a grain of sand in comparison to the mountain of God's mercy”*