

My Examination of Conscience

Before you go to Reconciliation it helps to think back and remember any times that you have chosen to sin, walked down a wrong path, made a poor choice, broken one of God's commandments, not listened to your conscience, or simply not been the-best-version-of-yourself.

These questions may help you to examine your conscience:

- **Have I been a good friend?**
- **Do I obey my parents?**
- **Have I taken things that belong to other people?**
- **Do I cheat on school or in sports?**
- **Have I told any lies?**
- **Do I take time to pray each day?**
- **Have I used God's name in ways that are not appropriate?**
- **Do I go to church each Sunday?**
- **Am I grateful for the many gifts that God has blessed me with?**

The answers to these questions will help you to prepare for the Sacrament of Reconciliation. By taking time to reflect on the questions you will be prepared to speak to the priest when you enter the Reconciliation Room.

*Taken from page 150 of the **Blessed, First Reconciliation** books.*

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