

21. Have I lied, gossiped, or destroyed the reputation of others?
22. Have I revealed secrets confided to me?
23. Do I make judgment toward others without good cause?
24. Am I envious?
25. Am I lazy or neglectful of my responsibilities?.



MY GOD, I AM SORRY FOR MY SINS

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

ACT OF CONTRITION

O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they have offended You, my God, Who are all –good and deserving of all my love. I firmly resolve, with your help and your grace, to sin no more and to avoid the near occasions of sin. Amen.



Our Lady of
Guadalupe
 Catholic Church
 DORAL, FLORIDA

Examination of Conscience

To know my sins

Celebrating the Sacrament of Penance



To Jesus Through Mary

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Guide to examination of Conscience

To know my sins

**“YOU SHALL LOVE THE LORD YOUR GOD WITH ALL
YOUR HEART, WITH ALL YOUR SOUL AND WITH ALL YOUR MIND”**

MATT.22,37

1. Have I lived as if I really loved God?
2. How much time do I devote to God in my daily life?
3. Do I talk to Him, lifting my heart in prayer?
4. Do I believe in God – listen to His Word in the Scripture and the teachings of the Church?
5. Have I tried to increase my faith – placing myself in contact with His Divine Word?
6. Do I hope in God – even in the middle of difficulties?
7. Do I adore God by assisting at Mass on Sundays and Holy Days of Obligation?
8. Have I worked unnecessarily on Sundays, the Lord’s Day?
9. Have I taken the name of God in vain?
10. Have I fulfilled my promises?
11. Have I used irreverent words against God, the Saints, the Church or its Ministers (Pope, Bishops, Priests, Deacons, Sisters)?
12. Have I practiced superstitious rites, consulted Palm Readers, Spiritualists or be involved in Santeria?
13. Do I contribute to the support of the Church according to my income?
14. Have I observed Penance and Fasting on the prescribed days?

**“YOU SHALL LOVE YOUR NEIGHBOR
AS YOURSELF”**

MATT. 22, 39

1. Do I live my life really trying to love my neighbor?
2. Do I deal with my neighbor as I would like others to deal with me?
3. Have I obeyed my parents, respected them and taken care of them?
4. Do I respect my superiors at work with the proper humility?
5. Have I fulfilled my duties as father, mother, manager, student, etc?
6. Have I insulted others by my words and deeds?
7. Do I hate anyone?
8. Have I given a bad example?
9. Have I cursed others or wished they were dead?
10. Have I fought with or insulted others?
11. Do I have control of my temper?
12. Do I abuse alcohol or drugs, or have I given them to others?
13. Have I considered suicide or taken another’s life – participated in an abortion?
14. Do I enjoy dishonest conversations, thoughts, or desires?
15. Have I gone to see X rated movies on TV, cable, internet, etc?
16. Have I committed any illicit sexual action with myself? With others? Outside the marriage?
17. Have I used contraceptives in order to avoid pregnancy?
18. Do I believe in the sterilization concept to never again be pregnant?
19. Have I stolen anyone’s property, money, jewelry, etc? Have I paid my bills?
20. Have I helped the poor according to my financial means?