



Examine of Conscience

1. Silently pray in our own words that God open your mind and heart to a Holy Spirit guided insight into your life this last day. (15 seconds)
2. Silently name one moment or experience in the day where you experienced a grace, blessing, or a gift from God. Take a moment to thank God for this. (45 sec.)
- 3a. Silently name one moment in the day where you experienced an invitation from God to any way of thinking, speaking, or living that would build up faith, hope, and love. How did you respond to that invitation? (1 min.)
- 3b. Silently name one moment in the day where you experienced yourself being tempted or seduced to any ways of thinking, speaking, or living that would tear down faith, hope, and love. How did you respond to that temptation? (1 min.)
- 3c. Silently name one area of your life where you experience God calling you to some form of conversion of mind or heart. (45 sec.)
4. Pray an Act of Contrition. O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.
5. Silently look ahead to tomorrow and ask God for any specific grace, virtue, or gift you might need to better respond to the invitations of God, to better resist temptation, to better meet the challenges of the day. (1 min.)

