

THIS HAND HELPS ME TO REMEMBER WHAT  
I NEED TO DO TO RECEIVE THE  
**SACRAMENT OF RECONCILIATION**



**St. Theresa**  
Catholic Church  
*in Memorial Park*

*An examination of conscience  
is a way of thinking about how I have hurt  
my relationships with God and with others.*

**MY RELATIONSHIP WITH GOD**

Do I remember to pray each day?  
Do I pay attention and take part at Mass?  
Do I use God's name or Jesus' name  
without respect or when I am angry?

**MY RELATIONSHIPS WITH FAMILY,  
FRIENDS, AND NEIGHBORS**

Do I obey my parents and teachers?  
Do I follow the rules with my schoolwork?  
Am I kind and respectful of others?  
Do I tell the truth?  
Do I follow rules about using the computer  
at home? Or screen time?  
Do I fight at home or on the playground?  
Do I take care of my belongings  
and those of others?  
Do I return things that I borrow  
in good condition?



***Make the sign of the cross.***

Bless me Father Phil, for I have sinned;  
this is my first confession,  
and these are my sins:

- 1
- 2
- 3

And for the sins that I cannot remember, I am sorry.

**\* pause to listen and reflect \***

**ACT OF CONTRITION**

My God, I am sorry for my sins.

In choosing to sin  
and failing to do good,  
I have sinned against you  
and your church.

I firmly intend,  
with Your help  
to do penance  
to sin no more

and to avoid whatever leads me to sins.

Our Savior Jesus Christ  
suffered and died for us.

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

I Pray these Prayers for Penance

**SIGN OF THE CROSS**

In the name of the Father,  
And of the Son,  
And of the Holy Spirit.  
Amen.

**LORD'S PRAYER**

Our Father, who art in heaven,  
hallowed by thy name;  
thy kingdom come, thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
Amen.

**HAIL MARY**

Hail Mary, full of grace. The Lord is with thee.  
Blessed art thou amongst women,  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death.  
Amen.

**GLORY BE**

Glory be to the Father, and to the Son,  
and to the Holy Spirit,  
as it was in the beginning, is now,  
and ever shall be, world without end.  
Amen.