



Lent is a time of grace. We are encouraged to look at our lives to see how closely we are following the path of Jesus. The Lenten practices of prayer, fasting, and almsgiving help us to focus our attention on Jesus.

The Sacrament of Reconciliation is also an important part of our life as Christians. In this sacrament we admit the ways we have strayed from the path of Jesus, and we commit ourselves to return. This Examination of Conscience can be used to prepare for the celebration of Reconciliation or as a daily reflection.

It concludes with a Litany of Repentance that could be part of your prayer.

May our Lenten journey lead us to the joy and new life of Easter!

Blessed Sacrament Parish  
Midland, Michigan

## LITANY OF REPENTANCE

The Lord is merciful. He makes us clean of heart and leads us into his freedom when we acknowledge our guilt. Let us ask him to forgive us and bind up the wounds inflicted by our sins.

Pray **Lord, have mercy** as a response to each invocation.

- You were sent with good news for the poor and healing for the contrite...
- You came to call sinners, not the just...
- You forgave the many sins of the woman who showed you the great love...
- You did not shun the company of outcasts and sinners...
- You carried back to the fold the sheep that had strayed...
- You did not condemn the woman taken in adultery, but sent her away in peace...
- You called Zaccheus to repentance and a new life...
- You promised Paradise to the repentant thief...
- You are always interceding for us at the right hand of the Father...

# EXAMINATION OF CONSCIENCE

Sisters and brothers, our Father knows our failings, but asks us to call them to mind so that we may seek out his forgiveness.

## Have I listened to the voice of God? How can I better converse with God in prayer and worship him more faithfully in communal liturgy?

- *Do I pray daily?*
- *Do I receive the sacraments regularly?*
- *Do I keep Sundays and holy days sacred?*
- *Do I fulfill my commitments as a member of my faith community?*
- *What is my attitude toward the sacrament of reconciliation?*
- *Have I tried to grow in the life of the Spirit through prayer and the reading of the word of God?*
- *Do I trust God's goodness and providence, even in times of crisis and doubt?*

## In my daily living, do I listen to the voice of God?

- *Do I respect my own body as a gift from God?*
- *Do I control my vices, including abuses with food and drink?*
- *Have I made good use of the gifts God has given me?*
- *Do I work too hard and too long? Do I neglect my family and health?*
- *Have I been lazy and given too much time to leisure or entertainment?*

## Have I listened to the voice of God when it comes to my relationships with others?

- *In my household, have I contributed to the well-being and happiness of the rest of my family? Am I patient? Am I loving?*
- *Do I treat my parents with respect?*
- *Am I ever angry with those I love?*
- *Have I been faithful in my relationships?*
- *Have I imposed my will on others without respecting their freedom and rights?*
- *Am I tolerant of other's ideas or needs?*
- *Have I perpetuated racism, prejudices and stereotypes?*
- *Do I treat people with disabilities with respect?*

## Have I listened to the voice of God and brought his love to the world?

- *Do I share my time and treasure with others in need?*
- *Do I fail to speak out on behalf of the poor or oppressed?*
- *Have I accepted suffering as a share in the suffering of Christ?*
- *Have I indulged in reading, conversation or entertainments that are contrary to Christian decency and respect for human life?*
- *Do I use the earth's resources wisely?*
- *Do I purchase a lot of material goods that I don't really need?*

## Have I listened to the voice of God? Where is he leading me?

- *Am I ever afraid to act in a Christian manner, afraid of what others might think?*
- *Is the hope of eternal life my inspiration for all I do?*
- *Do I sincerely want to be set free from sin, turn again to God, and resolve to begin again?*

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