



# St. James Parish

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## Religious Education Program

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### Examining My Conscience and the Act of Contrition

*Dear parents, please practice the Act of Contrition with your child.*

#### Examination of Conscience

Dear Holy Spirit,

Help me answer these questions honestly. Help me as I try to be more like Jesus.

- Do I pray and talk to God every day?
- Do I say God's name only in a prayerful way?
- Am I trying to trust God like Jesus did?
- Do I do things that will help me be a good person?
- Do I take care of what I have?
- Do I thank God for who I am?
- Do I obey my parents and do what they ask?
- Do I try my best in school?
- Have I hurt others by my words or actions?
- Do I say "I am sorry" when I do hurt someone or do something wrong?
- Do I say "I forgive you" when someone hurts me?
- Do I ever cheat at school or at play?
- Have I taken things that do not belong to me?
- Have I told lies?

Thank you, Holy Spirit, for helping me to love follow Jesus in all things.

#### 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 offend you my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace to sin no more and to avoid the near occasion of sin.

Amen.