

<p>Examination of Conscience</p> <ol style="list-style-type: none"> 1. Have I loved God above all things? 2. Has my speech been worthy? 3. Have I attended Mass on Sundays and Holy Days? 4. Have I respected my parents, superiors and those around me? 5. Have I harmed others with my words or my actions? 6. Have I kept myself clean and pure and been faithful to my vows? 7. Have I cheated or stolen? 8. Have I spoken uncharitably about others or gossiped. 9. Have I weakened my vows by my obsession with another? 10. Have I been jealous of the things others have? <p>©MMIV Fr. Pat Umberger www.frpat.com</p>	<p>Sacrament of Reconciliation</p> <p>Bless me Father for I have sinned, my last Confession was _____ ago. These are my sins. [Confess sins here]</p> <p>Act of Contrition</p> <p>O my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy just punishment, but most of all because they offend thee, my God who art all good and deserving of all my love. I firmly resolve with the help of thy grace to, sin no more and to avoid the near occasion of sin. Amen.</p>
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<p>Examination of Conscience</p> <ol style="list-style-type: none"> 1. Have I loved God above all things? 2. Has my speech been worthy? 3. Have I attended Mass on Sundays and Holy Days? 4. Have I respected my parents, superiors and those around me? 5. Have I harmed with my words or my actions? 6. Have I kept myself clean and pure and been faithful to my vows? 7. Have I cheated or stolen? 8. Have I spoken uncharitably about others or gossiped. 9. Have I weakened my vows with my obsession with another? 10. Have I been jealous of the things others have? <p>©MMIV Fr. Pat Umberger www.frpat.com</p>	<p>Sacrament of Reconciliation</p> <p>Bless me Father for I have sinned, my last Confession was _____ ago. These are my sins. [Confess sins here]</p> <p>Act of Contrition</p> <p>O my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy just punishment, but most of all because they offend thee, my God who art all good and deserving of all my love. I firmly resolve with the help of thy grace to, sin no more and to avoid the near occasion of sin. Amen.</p>
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