

Daily Examination of Conscience; an essential part of our Catholic life.

1. **Place yourself in the presence of God**, and ask for His help in examining your day.
2. **Examine your day** (the three “words”):
 - “Thank you”: Thank the Lord for the blessings of the day.
 - “I’m sorry”: Acknowledge your faults specifically and directly.
 - “Please help me more”: Ask the Lord for help for tomorrow. Make specific resolutions.
3. **Make an Act of Contrition:**

O my God, I am heartily sorry for having offended you, 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 you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.
4. End with an **Our Father** and a **Hail Mary**.