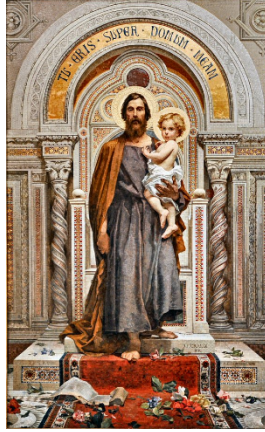


St. Joseph Society



Examination of Conscience & Act of Contrition

Come, Holy Spirit, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them, and firmly resolve to amend my life. Amen.

Give thanks to God for all your blessings today. (30 seconds of silence)

Examine your day for your sins of thought, word, deed, or omission. (1 minute of silence)

Ask God to help you know how to amend your life and for the grace to do so. (30 seconds of silence)

O my God, I am heartily sorry for having offended you, and I detest all of 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 avoid the near occasion of sin. Amen.