

# Candidates' Reconciliation Retreat 2

## Personal Prayer of Sorrow and Examination of Conscience

Write your own Prayer of Sorrow.

Dear \_\_\_\_\_ ,

---

[what you are sorry for]

---

[what you want to do in the future]

---

[ask for help from Jesus or God]

---

Amen.

An examination of conscience helps you think about how you act. In the space below, write two questions for your examination of conscience. Write questions that help you think about your friendship with God and with other people.

1. Have I remembered to thank God for all of my blessings?
2. Have I respected parents, teachers, and others who are responsible for me?

3. \_\_\_\_\_

4. \_\_\_\_\_