

DAILY EXAMINATION OF CONSCIENCE

In developing a habit of daily Traditional Catholic prayer, one very important time is just before going to bed. This is an opportunity to spend a few brief minutes reviewing the day with the Lord. We call this the "daily examination of conscience." This simple exercise helps you see the events of your day from the perspective of a child of God. This really amounts to only three quick "words" to say in the examination itself.

DAILY EXAMINATION OF CONSCIENCE

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.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, 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 Thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

4. End with an Our Father and a Hail Mary.

It's generally recommended to take only about 2 or 3 minutes for the examination part itself, or up to 1 minute for each "word." A short time like this can help you keep focused when you're tired.