Take a moment and think about the Wound of Jesus' heart and pick one sin to work on for tomorrow.

Dead Lord Jesus, please give me the strength to keep my resolution. In your name, Jesus Christ, I renounce (name the sin) and I beg you to give me the grace

**Resolution (Wound of the Heart of Jesus)** 

**Act of Contrition** Oh my God, I am heartily sorry for having offended Thee, and detest all my sins because of Thy just punishment; but most of all because I have offended 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.

Kiss the Left Foot

Dear Lord Jesus, I will never know in this life how my sinfulness has burdened you and others. I have allowed evil to enter the world by my rejection of you, your truth, and your love.

Take a moment and think about the Wound of Jesus' left foot and repent.

# Atonement (Wound of the Left Foot) 7.

# Kiss the Right Foot

- Was I critical, negative, or uncharitable in my thoughts about someone?
- Did I gossip about someone today?
- Did I lie about something today? •
- VIII. You shall not bear false witness against your neighbor
- Was I greedy or selfish?
- Was I jealous of what someone else has?
- Did I waste time at work or at home?
- VII. You shall not steal...You shall not covet your neighbor's goods.
- contemplate the times you have sinned. Take a moment and think about the Wound of Jesus' right foot as you Examination of Conscience (Wound of the Right Foot) .9

true contrition for my sins. Amen ολ ωλ είναι της Garden, please fill my heart with that same grief, that I may have 

# Read the Following Questions and Reflect

- I am the Lord your God. You shall not have strange gods before me.
- Did I put God first today, make time for prayer, remember to offer Him my
- joys and sufferings?
- Did I defend my Catholic Faith by my words, and deeds?
- You shall not take the name of the Lord your God in vain.
- Did I use foul language, laugh or participate in crude conservation, especially Sənoyna noqu livə bədziw l əvaH
- in front of children?
- Remember to keep holy the Lord's Day.
- Did I make time to rest, pray, and spend time with my family?
- Honor your father and mother. .VI
- Did I bring peace into my home life today?
- You shall not kill. .ν Was I a good example to my family today?
- Have I held a grudge, resentment or failed to forgive someone? •
- Did I pray for my enemies?
- You shall not commit adultery...You shall not covet your neighbor's ·ΙΛ Did I abuse food, alcohol, drugs, etc. today?
- .91IW
- Did I practice custody of the eyes in all that I allowed myself to view?
- Did I dress modestly?

.III.

.П.

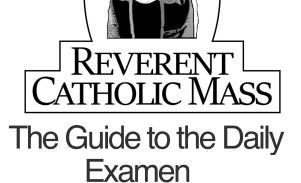
- Did I do, say, or not say anything that is contrary to Church's teaching on sex,
- Solition (1986) fife?

# Best Done in Front of a Crucifix

Prayers and prayer excerpts found in Particular Examen, by James F.

McElhone, C.S.C., Ave Maria Press, Notre Dame, Indiana, 1952.

In Depth Daily Examen (The Five Wounds of Christ)



Τ.

over all enemies by Thy spirit for the glory of the Father. Amen truth of Thy wirtues, and by the communication of Thy mysteries. Triumph holiness, by the fullness of Thy power, by the perfection of Thy ways, by the Dear Lord Jesus, living in Mary, come live in Thy servants, by the spirit of Thy **Opening Prayer** 

Prayer for Illumination (Prayer of St. Ephrem) .2

Thy oracles (truths) and perform Thy holy will. Dear Lord Jesus, open the eyes and ears of my heart, that I may understand

(instroqmi s'ii susood Reading of the New Testament - (Omit if in a hurry, but try to do it 3'

take a minute or two. Read an excerpt from the New Testament and reflect on what you read -

## (bneH the Right of the Right Hand) .4

срялкя. Take a moment and think about the Wound of Jesus' right hand and give

blessings<mark>.</mark> Thank you for your favors. Thank you for loving me. <u>Add any</u> ιμαυκ λο<sup>π</sup> ίοι λοπι ωσικλ. Ιμαυκ λοη ίοι λοπι αιασες. Ιμαυκ λοη ίοι λοπι I adore you and thank you, Lord, for the pain of enduring the Crucifixion.

рирн зүвгү әүз ssiy

'S

# Petition (Wound of the Left Hand)

Divine Light so you can know your faults. Take a moment and think about the Wound of Jesus' left hand and ask for

virtue. Please give me the strength to love you with all that I am. I may not displease you anymore. Please Lord, I want to grow in holiness and understand their effects, that I may turn from them with greater vigilance, so rejecting my sins. Please grant me true contrition of my sins, that I may better Dear Lord Jesus, I beg you to give me the grace of knowing, despising, and

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# ReverentCatholicMass.com

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