

- Did I do, say, or not say anything that is contrary to Church's teaching on sex, marriage, or life?
- Did I dress modestly?
- Did I practice custody of the eyes in all that I allowed myself to view?
- **VI. You shall not commit adultery...You shall not covet your neighbor's wife.**
- Did I abuse food, alcohol, drugs, etc. today?
- Did I pray for my enemies?
- Have I held a grudge, resentment or failed to forgive someone?
- **V. You shall not kill.**
- Was I a good example to my family today?
- Did I bring peace into my home life today?
- **IV. Honor your father and mother.**
- Did I make time to rest, pray, and spend time with my family?
- **III. Remember to keep holy the Lord's Day.**
- Did I use foul language, laugh or participate in crude conversation, especially in front of children?
- Have I wished evil upon anyone?
- **II. You shall not take the name of the Lord your God in vain.**
- Did I defend my Catholic Faith by my words, and deeds?
- Did I put God first today, make time for prayer, remember to offer Him my joys and sufferings?
- **I. I am the Lord your God. You shall not have strange gods before me.**

**Read the Following Questions and Reflect**

- 6. **Examination of Conscience (Wound of the Right Foot)**  
 Take a moment and think about the Wound of Jesus' right foot as you contemplate the times you have sinned.  
*Dear Lord Jesus, who was overwhelmed with sorrow when you took on the weight of my sins in the Garden, please fill my heart with that same grief, that I may have true contrition for my sins. Amen*

- VII. **You shall not steal...You shall not covet your neighbor's goods.**
  - Did I waste time at work or at home?
  - Was I jealous of what someone else has?
  - Was I greedy or selfish?
- VIII. **You shall not bear false witness against your neighbor**
  - Did I lie about something today?
  - Did I gossip about someone today?
  - Was I critical, negative, or uncharitable in my thoughts about someone?

**Kiss the Right Foot**

- 7. **Atonement (Wound of the Left Foot)**  
 Take a moment and think about the Wound of Jesus' left foot and repent.

*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.*

**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**

- 8. **Resolution (Wound of the Heart of Jesus)**  
 Take a moment and think about the Wound of Jesus' heart and pick one sin to work on for tomorrow.

*Dear 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 to follow through, so that I may draw closer to you. Amen.*

**Kiss the Wound of the Heart of Jesus**

- 1. **Opening Prayer**  
*Dear Lord Jesus, living in Mary, come live in Thy servants, by the spirit of Thy holiness, by the fullness of Thy power, by the perfection of Thy ways, by the truth of Thy virtues, and by the communication of Thy mysteries. Triumph over all enemies by Thy spirit for the glory of the Father. Amen*
- 2. **Prayer for Illumination (Prayer of St. Ephrem)**  
*Dear Lord Jesus, open the eyes and ears of my heart, that I may understand Thy oracles (truths) and perform Thy holy will.*
- 3. **Reading of the New Testament - (Omit if in a hurry, but try to do it because it's important)**  
 Read an excerpt from the New Testament and reflect on what you read - take a minute or two.
- 4. **Thanksgiving (Wound of the Right Hand)**  
 Take a moment and think about the Wound of Jesus' right hand and give thanks.  
*I adore you and thank you, Lord, for the pain of enduring the Crucifixion. Thank you for your mercy. Thank you for your graces. Thank you for your blessings. Thank you for your favors. Thank you for loving me. Add any additional words of thanks here.*
- 5. **Petition (Wound of the Left Hand)**  
 Take a moment and think about the Wound of Jesus' left hand and ask for Divine Light so you can know your faults.  
*Dear Lord Jesus, I beg you to give me the grace of knowing, desiring, and rejecting my sins. Please grant me true contrition of my sins, that I may better understand their effects, that I may turn from them with greater vigilance, so I may not displease you anymore. Please Lord, I want to grow in holiness and virtue. Please give me the strength to love you with all that I am.*  
**Kiss the Right Hand**
- **Kiss the Left Hand**



# REVERENT CATHOLIC MASS

## The Guide to the Daily Examen

### In Depth Daily Examen (The Five Wounds of Christ)

### 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.