



THE 3-2-1 EXAMINATION OF CONSCIENCE

A simple Catholic practice for reviewing your day with God

COME, HOLY SPIRIT. Help me see this day with gratitude, honesty, and trust in God's mercy.



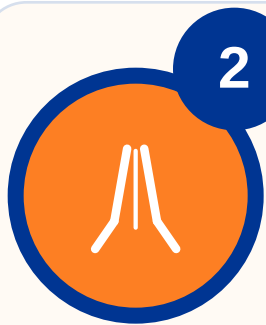
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GIVE THANKS

Three things I did well

Recall three moments when you cooperated with God's grace - loving well, practicing virtue, fulfilling a duty, resisting temptation, praying, or serving another.

Thank God: "Lord, thank you for the grace to do these things well."



2

ASK FOR MERCY

Two things I could have done better

Name two sins, failures, or omissions. Be specific and honest, then place them confidently in Christ's mercy.

Ask mercy: "Jesus, I am sorry. Forgive me and help me begin again."



1

MAKE A RESOLUTION

One thing I will do differently tomorrow

Choose one concrete way to cooperate with grace tomorrow - a virtue to practice, a temptation to avoid, a duty to complete, or a person to love better.

Resolve: "Lord, help me take this one step with you tomorrow."



END WITH TRUST

Make an Act of Contrition. Entrust yourself to Christ's mercy, and rest in God.

For Confession, make a fuller examination of conscience appropriate to the sacrament.