

Examination of conscience

This is a resource for use with young people during a service of reconciliation. This resource is based on the song 'Mercy' by Dave Matthews Band. This resource should be used in conjunction with the 'A simple guide for the Sacrament of Reconciliation' and 'Reconciliation service for young people'.

Preparation:

This examination of conscience can help young people prepare to receive the Sacrament of Reconciliation.

Using the Guide for the Sacrament of Reconciliation and your own experience, ensure young people taking part have a clear understanding of reconciliation. As part of the service they are invited to think about those times in their life when their relation between themselves and others has broken down. They are also invited to reflect on their actions and if they have caused barriers to be put up between Gods love and them.

Provide the young people with some paper and a pen or pencil and encourage them to write a few points down they wish to take with them when they receive the sacrament.

What you need:

- 'A simple guide to the Sacrament of Reconciliation' resource sheet. One per person.
- Paper & pens or pencil. One per person
- A copy of 'Mercy' by Dave Matthews Band. YouTube link available on the resources page.
- Laptop, speakers. Projector (optional)
- Lyrics of Mercy. One per person.

Resources available to download from www.cliftondiocese.com/youthministry

Examination of conscience:

Invite the young people to find a space by themselves and create a calm and quiet atmosphere.

Play the video if you have a projector or just the song through once and invite the group to follow the song with the lyric sheet.

After a short pause, play the video or song again and read through the examination of conscience below slowly, inviting the group to reflect on the words they hear and, if it helps, to write down some of their thoughts.

- Are there times when we have made a mess of God's creation?
- Have we failed to stand up for what we need to be? What are we called to be?
- Has there been a moment when we have ignored the needs of others and failed to show mercy?
- Have we been selfish with our time?
- When relationships have broken down do we always make the effort to turn things around?
- Think of a moment when we have given up too easily when things get difficult.
- Have we turned our backs on God's love?
- Have you heard God's call and fought against it rather than listening?

Towards the end of the song the chorus is repeated, beginning with *Mercy we will overcome this*.

Turn the examination of conscience around giving the young people a different perspective on Mercy and reconciliation:

- With God's help and mercy, we will overcome this
- God gives us what we need
- One by one God takes our burdens away
- With God's mercy through the sacrament of reconciliation, we will overcome this.