

## My Time with Jesus

Jesus looks upon me with great love; He delights in me and therefore wants to spend time with me in prayer each day (See Psalm 18:19). I begin my prayer time by making the Sign of the Cross.

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen**

**The Father, Son and Holy Spirit live in me through Baptism.**

**In this time of silence, I become aware of Jesus' Presence within my heart and greet Him.**

**A  
daily  
examination  
of  
conscience.**



The purpose of this examination is to recognize gratefully the hand of God in all aspects of my daily life. And to ask for the grace: to become aware of the ways I have responded to the Lord's grace today, where I have fallen short, to ask His forgiveness and to cooperate more fully with His grace as I receive His strength to resist sinful habits and avoid the possible occasions of sin in the future. (Compiled from Daily Examen, St. Ignatius, Spiritual Exercises.)

- **THANK GOD.** Jesus constantly bestows gifts of grace upon me. Through these gifts, I can recognize His personal love for me. I thank Jesus for two blessings I received today.
- **ASK THE HOLY SPIRIT TO HELP ME RECOGNIZE MY SINS.** I ask for light & strength that will make this examination of conscience a work of grace, fruitful beyond my human capacity. I ask for the Blessed Mother's help to receive the grace & avoid the temptation of self-reliance.
- **KNOW & TAKE RESPONSIBILITY FOR MY SINS.** With Jesus, I review the day from start to finish: to see and recognize where I was receptive in my choices to His presence today and where I "on purpose" ignored God's still small voice guiding me within. I briefly recall the circumstances of my shortcomings and sins with regard to my thoughts, words and actions. What choices did I make in which I failed to cooperate with God's grace? Be specific.
- **EMBRACE GOD'S PARDON.** I ask for the healing touch of Jesus, Who, with love and respect for me, removes my heart's burdens. I pray the *Act of Contrition*, speaking with Jesus from my heart.

### ***Act of Contrition***

**O my God, I am heartily sorry for having offended Thee,  
and I detest all my sins because of Thy just punishments,  
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 sin no more  
and to avoid the near occasion of sin. Amen.**

- **RESOLVE FOR TOMORROW.** I think of how I might collaborate more lovingly with God's plan. I ask for the grace to do His will because He knows what is best for me.

Close this prayer with the Sign of the Cross.

Dear Friend in Christ,

In order to deepen your relationship with the Person of Jesus, you will want to come to know Him better through studying the Catholic Faith, daily conversation with Him in prayer and frequent reception of the Sacraments, especially receiving the Holy Eucharist every Sunday. This relationship with the Son of God in turn strengthens you on the true path to happiness – interior peace and joy.

### Why pray this prayer daily?

In praying the *Act of Contrition* each day, you will realize better that you don't need to be afraid to turn to Jesus in your weaknesses and when you sin. Jesus, as your Savior and Lord, wants to forgive and strengthen you and does so with great love.



Jesus I trust in You

The prayer, the *Act of Contrition*, allows you to tell God that you are sorry and that you will seek to do better, with the help of His grace. Contrition means both sorrow for the sins that you have committed together with the sincere desire and resolution not to sin again, which are only possible with the help of God's grace. Grace received in the Sacraments, especially in the Sacrament of Reconciliation, will help you to become stronger in avoiding sin.

A beautiful and consistent way to humbly come before the Lord is to examine your conscience each night and pray the Act of Contrition before going to bed. It is recommended that you kneel down, if possible, as the posture of kneeling next to your bed is conducive to prayer from the heart.

Remaining faithful to this nightly time with Jesus through this examination will allow you to recognize the importance of receiving the Sacrament of Confession on a more regular basis in order to sacramentally acknowledge those sins and temptations to which you seem most vulnerable. This Gift from Jesus – this Sacrament of Confession – brings amazing effects: healing which occurs in the actual forgiveness of sin, interior peace and joy, freedom from guilt, and strength to resist further temptation and sin.

To help stay focused on Him during your time of prayer, have a picture or statue of Jesus nearby.

Note: The standard version of the Act of Contrition includes the words Thee and Thy, referring to God. You may replace these words with You and Your.

For further adult resources on the daily *Examination of Conscience* and *Act of Contrition* as well as 13 other prayers go to <http://diolc.org/catechesis/deeper>

For Prayer Cards and Resources for parents, teachers, children and young people  
Go to <https://diolc.org/catechesis/prayer/>