

Read this prayer which asks for help and guidance: pray it with actions. Look at each line, give examples of how this prayer helps to examine life (conscience)

Holy Spirit, you are with us when we choose.

For our good choices and the joy of making them, we thank you.

For the joy they bring us and others, we thank you.

For our wrong choices, we are sorry.

For the hurt we have done to others, we are sorry.

Help us to take time to think about the consequences of our choices.

We ask you to help and guide us. Amen.