

Examination of Conscience

In the presence of the Lord, ask God for the grace to see yourself as He sees you, and to be guided by the Holy Spirit to know your sins. Ask the Blessed Mother for her prayers that you will grow closer to her beloved Son, and confess your sins out of love for Him.

Ask yourself, "Do I sincerely desire to be set free from sin, and begin a new life?"

"Have I deliberately concealed any serious sin in past confession?"

"Have I done my past penances and put into practice a better way of life?"

"You shall love the Lord your God with your whole heart."

- ❖ Have I really set my heart on God, loving him above all things? Or am I more concerned about the things of this world?
- ❖ Have I been attentive to growing in my understanding of my faith? Have I been willing to be known as a Christian in my public and private life?
- ❖ Do I pray morning and evening? Do I turn to God in time of temptation?
- ❖ Do I have love and reverence for God's name? Have I shown disrespect to God by blasphemy, swearing falsely, or taking his name in vain? Have I shown disrespect for the Blessed Virgin Mary and the saints?
- ❖ Do I keep Sundays and feast days holy by taking a full part, with attention and devotion in the Mass?
- ❖ Do I worship false gods, such as money, superstition, or occult practices, giving them greater attention and deeper trust than I give to God?

"Love one another as I have loved you"

- ❖ Have I truly loved my neighbors, or do I use them for my own ends? Do I do to them what I would not want done to myself, either in word or action?
- ❖ Have I been a loving member of my family, living with patience and genuine love? Do I disrespect my parents? Am I a good Christian example to my children? Have I been faithful to my spouse in my heart and in my relations with others?
- ❖ Do I share my possessions with the less fortunate? Do I do my best to help the victims of oppression, misfortune, and poverty? Or, do I look down on my neighbor, especially the poor, the sick, the elderly, strangers, and people of other races?
- ❖ Does my life reflect the mission I received in confirmation? Do I share in the apostolic and charitable works of the Church and in the life of my parish? Have I helped to meet the spiritual and/or material needs of the Church and the world? Do I pray for others?
- ❖ Am I concerned for the good and prosperity of the human community in which I live, or do I spend my life caring only for myself? Do I share to the best of my ability in the work of promoting justice, morality, harmony, and love in human relations? Have I done my duty as a citizen?

(over)

- ❖ In my work life, am I just, hard-working, and honest? Do I pay a fair wage to my employees?
- ❖ Have I obeyed legitimate authority and given it respect?
- ❖ If I am in a position of responsibility or authority, do I use this for my own advantage? Or do I use my position for the good of others, in a spirit of service?
- ❖ Have I been truthful and fair, or have I injured others by deceit, rash judgment, or violation of a secret?
- ❖ Have I done violence to others by damage to life or limb, reputation, honor, or material possessions? Have I been responsible for an abortion or procuring one?
- ❖ Have I kept up hatred for others? Am I estranged from others through quarrels, enmity, insults, or anger? Have I been guilty of refusing to testify to the innocence of another because of selfishness?
- ❖ Have I stolen the property of others? Have I desired it unjustly and inordinately? Have I damaged it?
- ❖ If I have been injured, have I been ready to make peace for the love of Christ and to forgive, or do I harbor hatred and the desire for revenge?

“Be perfect as your heavenly Father is perfect”

- ❖ Is God the guiding force in my life? Have I tried to grow in the life of the Spirit through prayer, reading the word of God, and receiving the sacraments?
- ❖ Have I been anxious to control my vices and evil inclinations, and passions, such as envy, love of food and drink? Have I been proud and boastful, thinking myself better in the sight of God and despising others as less important than myself?
- ❖ Have I imposed my will on others, without respecting their freedom and rights?
- ❖ What use have I made of time, or health and strength, or the gifts God has given me? Do I use them to grow closer to God? Or have I been lazy?
- ❖ Have I been patient in accepting the disappointments of life?
- ❖ Have I kept my senses and whole body pure and chaste? Have I dishonored my body by fornication, impurity, unworthy conversation or thoughts, evil desires, or actions? Have I given in to sensuality? Have I indulged in reading, conversation, shows or entertainments that offend against Christian and human decency? Have I encouraged others to sin by my own failure to maintain these standards? Have I been faithful to the moral law in my married life?
- ❖ Have I gone against my conscience out of fear or hypocrisy?

**Our Father who art in heaven, Hallowed be Thy Name,
Thy Kingdom come, Thy will be done, on earth as it is Heaven.
Give us this day our daily bread, and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation, but deliver us from evil. Amen.**

Father, our source of life, you know our weakness. May we reach out with joy to grasp your hand and walk more readily in your ways. We ask this through Christ our Lord. Amen.