

## Examination of conscience

*(From the Holy See)*

*In the light of the word of God, let each person examine himself...*

### **I. The Lord says: “You shall love the Lord your God with all your heart”**

1. Is my heart truly oriented toward God? Can I say that I love him truly above all else, with filial love, in faithful observance of his commandments? Do I allow myself to get too absorbed by worldly things? Do I always act with the correct intention?
2. Do I have firm faith in God, who has given us his Word in his Son? Do I adhere fully to the doctrine of the Church? Do I concern myself with my Christian formation, listening to the word of God, participating in catechesis, and avoiding whatever could be a threat to my faith? Have I always professed my faith in God and in the Church courageously and fearlessly? Have I given proof of my Christianity through my actions in private and public life?
3. Have I prayed in the morning and at night? Is my prayer a true heart-to-heart conversation with God, or is it only an empty exterior practice? Have I remembered to offer to God my activities, my joys, and my sorrows? Do I also turn to him confidently for help when I am tempted?
4. Do I revere and love the holy name of God, or have I offended him with blasphemy, with false oaths, or by using his name in vain? Have I been irreverent regarding the Virgin Mary and the saints?
5. Do I keep holy the Lord’s day and the Church’s holy days of obligation, taking part in liturgical celebrations and especially Holy Mass with active, attentive, and pious participation? Have I avoided doing unnecessary work on Sundays? Have I observed the precept of confession at least once a year and Communion during the Easter season?
6. Do I have “other gods”—namely, things I am more interested in, or in which I put more confidence, than in God, such as: wealth, superstition, Spiritism, or other forms of magic?

### **II. The Lord says: “Love one another as I have loved you.”**

1. Do I truly love my neighbors, or do I treat them badly, using them for my own interests and treating them in a way that I would not want to be treated? Have I caused scandal with my words and my actions?
2. In my family life, have I contributed with patience and true love for the good and tranquility of others?

For each member of the family:

For children: Have I obeyed my parents? Have I respected and honored them? Have I helped them in their spiritual and material needs? Have I worked hard at school? Have I respected people in authority? Have I given a good example in every situation?

For parents: Have I looked out for my children’s Christian education? Have I given them a good example? Have I supported them and guided them with my authority?

For spouses: Have I always been faithful in my heart and actions? Have I been understanding during moments of stress or anxiety?

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3. Do I know how to give from what is mine, without petty selfishness, to those who are poorer than me? To the extent that it depends on me, do I defend the oppressed and help the needy? Or do I treat my neighbor with pride or harshness, especially the poor, the weak, the old, the marginalized, and immigrants?
4. Am I aware of the mission that has been entrusted to me? Have I participated in works of apostolate and charity of the Church, and in my parish life and initiatives? Have I prayed and contributed to meeting the needs of the Church and of the world, for example: for the unity of the Church, for the evangelization of peoples, and for the establishment of justice and peace?
5. Do I have at heart the well-being and prosperity of the community in which I live, or do I care only for my personal interests? Do I participate, as much as I can, in initiatives that promote justice, public morality, peace, and works of charity? Do I fulfill my civic duties? Have I paid my taxes regularly?
6. Am I just, committed, honest at work, and willing to lend my services to the common good? Have I given fair pay to all those who work for me in any capacity? Have I been faithful to contracts and promises?
7. Have I been obedient and respectful to legitimate authorities?
8. If I have a responsibility or have management duties, do I seek only my own interests, or do I strive for the good of the others, with a spirit of service?
9. Have I practiced truthfulness and loyalty, or have I done harm to others with lies, slander, slurs, reckless judgments, and the revelation of secrets?
10. Have I attempted violence against the life and physical integrity of others? Have I offended their honor, or denied them what is rightfully theirs? Have I procured abortion or counseled a woman to abort? Have I remained silent in situations where I could have encouraged people to do good? In my married life, am I respectful of the teachings of the Church regarding openness to and respect for life? Have I done anything against my own physical integrity (for example, by sterilization)? Have I always been faithful with my mind as well as my body? Have I held on to hatred? Have I been conflictive? Have I used insults and offensive words, thus encouraging disagreements and rancor? Have I omitted to witness to the innocence of others, in a guilty and selfish way? While driving, have I put my life or that of others at risk?
11. Have I stolen? Have I been so unjust as to wish to steal from others? Have I damaged my neighbor's belongings? Have I given back anything I might have taken, and made reparation for the damage done?
12. If people have done me harm, have I expressed my willingness to be reconciled and to forgive, out of love of Christ? Or have I harbored hatred and desire for revenge in my heart?

### **III. Christ the Lord says: “Be perfect, as the Father is perfect”**

1. What is the fundamental orientation of my life? Am I encouraged by the hope of eternal life? Have I sought to rekindle my spiritual life through prayer, reading and meditation on the word of God, and participation in the sacraments? Have I practiced self-denial? Have I been ready and willing to abandon my vices, and keep my passions and perverse inclinations under control? Have I overcome my tendency to

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envy? Have I controlled my gluttony? Have I been presumptuous and proud, looking down on others and always putting myself first? Have I imposed my will on others, violating their freedom and disregarding their rights?

2. What have I done with my time, my energy, and the other gifts I have received from God as the “talents” mentioned in the Gospel? Do I make use of all these means to grow every day towards perfection in my spiritual life and in service to others? Have I been passive and idle? How do I use the internet and other means of communication?

3. Have I endured, with patience and with faith, the sorrows and the trials of life? How have I sought to practice self-denial, to complete what is missing to the passion of Christ? Have I observed the law of fasting and abstinence?

4. Have I kept my body pure and chaste, according to my state of life, knowing that it is a temple of the Holy Spirit, destined for the resurrection and glory? Have I guarded my senses and avoided contaminating my spirit and body with perverse desires and thoughts, or with unworthy words and actions? Have I allowed myself to indulge in readings, presentations, entertainment, or other forms of amusement in contrast with human and Christian honesty? Have I scandalized others with my behavior?

5. Have I acted against my conscience out of fear or hypocrisy?

6. Have I sought to act always and everywhere with the true freedom of the children of God, and according to the laws of the Spirit? Or have I allowed myself to be dominated by my passions?

7. Have I omitted a good deed that I could have done?