

# Examination of Conscience

The examination of conscience is a simple and prayerful review of a person's life. It is good to do an examination of conscience on a daily basis so as to find the areas in our lives that are good and need to keep growing and the areas in life that are sinful and in need of reform. The following is a good examination of conscience that can be done before going to the sacrament of reconciliation.

## How is my relationship with God?

Do I keep the commandment to "keep holy the Sabbath" by going to Church? Do I pray regularly? Do I seek a relationship with God everyday?

Do I keep abreast of the needs of the Church and world near and far? Do these concerns and crises affect my prayer life and or patterns of spending?

Do I take steps to deepen my understanding of my faith? Do I share my faith by my personal example?

Do I reverence God in my speech and my personal attitudes or do I take the Lord's name in vain by using His name irreverently or not behaving like a child of God?

Have I created false Gods in my life? Have I put the pursuit of status, money, and power ahead of my relationship with God?

Am I thankful to God for all that I have received in my life? Do I see God as a partner in my life or do I pull God out of my pocket only when I need something?

## How are my relationships with my neighbors?

Am I a good husband? Am I a good wife? Do I treat my own parents with love and respect?

Have I been truthful and fair in dealing with people? Have I been truthful and fair in my business deals?

Have I used or exploited other for my own selfish interests?

Are possessions and personal comforts more important to me than building healthy relationships?

Am I generous with the poor? Am I charitable to people I don't like or who have offended me?

Do I ever visit the sick or homebound? How well do I deal with sickness or personal struggles of body or spirit - do I make them an act of love, and offering to God?

Do I seek to eliminate from the world things like poverty, hunger, injustice, oppression, disease, and discrimination?

Am I a person who votes and keeps abreast of the issues that affect the common good?

At work, do people know that I'm a disciple of Christ by the way I talk and act?

Do I promote the dignity of all life, but especially human life? Do I support attitudes and laws that threaten human life such as abortion and euthanasia?

Do I live for today or do I truly seek to preserve the world's resources for the generations that come after me?

Have I been discriminatory in my actions and attitudes toward other people?

Have I stolen or damaged property that doesn't belong to me?

Have I coveted my neighbors goods? Do I have a heart that is never satisfied with what I have or am I always seeking something else?

Do I share my good fortune with those who are less fortunate?

Have I ruined another person's reputation by talking behind his/her back?

Do I seek to heal the violence around me?

Am I chaste in my relationships with others? Do I show proper respect for the opposite sex? Is my language abusive or crude? Have I done anything that has violated the virtue of chastity, such as adultery, or fornication?

Have I actively engaged in the sexual exploitation of others by viewing or promoting pornography?

Do I seek to promote peace between family members and friends or do I like to stir up bad feelings and disharmony?

### **Am I growing in virtue?**

How do I treat myself: my body, mind, and spirit? Am I a person of over-indulgence? Do I drink to much, overeat to much, and seek the pleasures of the flesh without restraint or moderation?

Am I a jealous person? Do I wish others ill-will because of my jealousy?

Am I a forgiving person or am I a person who holds grudges?

Am I a kind person?

Am I a patient person?

Am I an arrogant person?

Am I rude to others?

Am I a compassionate person who is able to empathize with others?

Am I a prideful person, one who never gives credit to others?

Am I a thankful person? Do I thank others when they do good things for me?

Do I try and act and speak as Christ did?