

EXAMINATION OF CONSCIENCE

Lord Jesus, open my mind and heart to your Holy Spirit. Show me where I am failing to love your heavenly Father. Show me where I am failing to love you, failing to accept you as my Savior, failing to seek you and yield to you as my Lord. Show me where I am failing to love the Holy Spirit, failing to be open and to be led by Wisdom and Love.

My relationship with God

Am I faithful to daily prayer?

Am I faithful to Mass?

Do I trust God's loving care for me? How do I show this trust?

Do I make time to read Scripture that I may know and hear Jesus and His Father?

Am I angry with or afraid of God?

My relationship with those nearest to me

Have I failed to respect any family member or friend?

Have I failed to accept anyone just as he or she is?

Have I been patient with another's differences?

Have I been sensitive to another's needs and weaknesses?

My relationship with everyone

Do I despise any group of people? If so, why?

Do I discriminate against any group or individual because of race, religion, nationality, politics, age, profession, gender, or any other reason?

Do I consider any group or individual inferior to me? If so, why?

My relationship with God's other creatures

Have I spoiled any part of creation? If so, why?

Have I abused animals?

Have I been wasteful?

Am I too fond of money?

Do I act as though everything I have is mine to do with what I like?

Am I open-handed and generous?

Do I drive responsibly and with consideration for others?

Do I make positive contributions to the community? If not, why not?

My relationship with myself

Do I feel angry often?

If so, is it because I expect everything and everyone to march to my beat? Am I acting as though I were God?

Am I seeking to know God's will so that I may consent and cooperate?

Am I unwilling or afraid to say, "Yes" to God? If so, why?

Have I treated others with dignity, or have I used them badly by sexual abuse, by adultery, by fornication, by unchaste actions or example? Have I had impure thoughts or unworthy conversations?

Do I cherish and care for my body as the gift of God? If not, why not?

Do I live by the pleasure principle ("I want what I want when I want it") in any area of my life?

Human freedom

Am I the prisoner of fear, anxiety, worry, guilt, inferiority, or hatred of myself?

Do I hand over the past to God's merciful love? Or do I allow it to trouble me still?

Do I plan prudently for future things that are within my choice and control and hand the rest to God's wise love?

Do I fret with worry, anticipating what might happen?