

EXAMINATION OF CONSCIENCE



“Who is a God like you, pardoning iniquity and passing over transgression...He does not retain his anger forever, because he delights in showing clemency. He will again have compassion upon us; he will tread our iniquities under foot. You will cast all our sins into the depth of the sea.”
Micah 7:18-19

To make an examination of conscience:

- Begin with a prayer asking for God’s help.
- Review your life with the help of some questions, like those below.
- Tell God how truly sorry you are for your sins.
- Make a firm resolution not to sin again.

LOVING GOD

“The most important commandment is this; Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” Mark 12:29-30

Does God come first in my life?

Have I given into the pressures of my life and not made God a priority?

Have I spent time with Jesus each day in prayer?

Have I spoken his name with respect and reverence?

Have I participated in Sunday Mass willingly?

Have I cared for his creation?

Have I been grateful to God for all he has given to me?

Have I turned to God in times of need or have I relied on my own strength?

Have I taken a stand for my faith when it has been challenged?

LOVING MY NEIGHBOUR

“The second is this: Love your neighbour as yourself. There is no commandment greater than these.” Mark 12:31

Have I treated my parents and siblings with love and respect?

Have I chosen to be loving and respectful of my spouse?

Have I done my part to help out in my family and home?

Have I been a loving parent; giving of my time and setting an example of faith and virtue?

Have I treated my friends and colleagues with kindness and their belongings with respect?

Have I hurt others by lying or speaking badly about them, judging them rashly, or holding grudges?

Have I hurt others by stealing, cheating, teasing, bullying or gossiping?

Am I jealous of others' possessions?

Have I been generous and shared my time, my talents and my possessions with those who need it?

Have I used other people or taken advantage of them for my own pleasure or personal gain?

Have I respected the dignity of other people in the way that I speak to them or speak about them, in the way that I look at them or in the way that I relate with them?

Have I used my money and time to care for those in need?

Have I been ready and willing to talk about issues peacefully, ready to see another's point of view, ready to apologise and forgive when I need to?

LOVING MYSELF

Have I cared for my body by sleeping, eating, drinking and exercising responsibly?

Have I respected the gift of my sexuality: have I used this gift only for my own pleasure, or do I use this gift according to the plan of God?

Have I been faithful to my spouse?

Have I cared for my mind by choosing movies, books, websites etc that feed my mind with positive thoughts and images?

Have I cared for my spirit by avoiding activities that are anti-God such as spells, taro cards, horoscopes, fortune tellers etc?

Have I cared for myself by choosing friends who encourage me to be a better person and who help me make positive, healthy, respectful choices?

Do I try to be honest with myself?

Am I truthful in expressing myself to others?