

Examination of Conscience

(Presence of God)

Do I love God above everything else? Do I live as a child of God, confident in the Father's mercy? Am I humble? Do I depend on God as I should?

Am I prideful? Do I try to make the world revolve around me? Do I live out a sense of self-sufficiency, imposing my will on others, acting as if I were the cause of good in my life? Am I presumptuous? Do I think I can do whatever I want and that it will not matter to God?

Do I yearn to know God's will and do I abandon myself to divine Providence day by day and moment by moment? Do I pray every day? Do I go to Mass every Sunday and Holy Day? Do I devote myself to growing in faith?

Am I thankful? Do I express my gratitude sincerely and outwardly, especially in works of mercy? Do I make excuses for my faults, blame others, or rationalize my actions? Am I self-righteous?

Am I forgiving? Do I harbor grudges, resentments – do I take delight in the misfortunes of others? Do I judge others, label others, exclude others, and condemn others? Is my life ruled by anger, jealousy, envy, or impatience?

Do I make gods of money, power, prestige, accomplishment, materialism, sensuality, vanity, pleasure, comfort, leisure, complacency, apathy, or anything else? Do I put myself first through self-centeredness, or egoism?

Do I dedicate myself to knowing, loving, and living the Truth as it is taught by the Catholic Church? Do I live in the Truth and do I tell the truth, always and without compromise? Do I misuse speech through cheating, gossiping, backbiting, profanity, blasphemy, complaining, being silent when I should speak, etc.? Am I true to my vows, my commitments, my contracts, and my word?

Is my mind filled with thoughts that are lustful, viscous, carnal, mean-spirited, prejudicial, venal, and worldly?

Do I waste time? Am I generous with my time? Am I lazy? Do the priorities in my life reflect and serve the precious gift of faith God has given me? Do I love more for myself than for God and others?

Do I live by faith or by current fads, by popular ideologies, by the pressures and deceptions of media and culture? Do I recognize how God is present and active in every moment of my life?



"The joy of God is the joy of forgiveness." – Pope Francis

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