

Examination of Conscience

(Based on the Beatitudes)

Blessed are the poor in spirit, God is with them always. Do I put God first in my life, praying in gratitude during good times and for help in bad times? Do others trust me to follow through with things I promise to do?

Blessed are those who are sad, for they will be comforted. Have I reached out to those who are sad, suffering or grieving? Do I visit sick, lonely or elderly members of my family and community? Do I share what I have with those in need? Have I given my time and talent to my parish?

Blessed are the meek and gentle, for they receive what God has promised. Do I sometimes want people to pay attention only to me? Do I express gratitude when others help me?

Blessed are those who hunger and thirst for righteousness, for they will be satisfied. Do I seek justice for others, especially for the poor and weak? Am I envious of what other people have? Are family and friends more important to me than material possessions? Have I been a good steward of the resources of the earth?

Blessed are the merciful for they will be shown mercy. Do I ask forgiveness of those I have offended? Have I made a sincere effort to forgive those who have hurt me? Am I willing to give others the benefit of the doubt? Do I judge people quickly and harshly?

Blessed are the pure of heart, for they will see God. Is loving God and others important



to me? Am I always as loving as I can be? Do I seek God in prayer, in the sacraments and in regular attendance at Mass?

Blessed are the peacemakers, for they will be called children of God. Do I contribute to conflict by harsh criticism, bitterness or gossip? Am I willing to make peace with people who want to make peace with me? Do I ever take the first step in making peace with someone?

Blessed are those who do what is right, even when others treat them unfairly. The kingdom of God belongs to them. Do I “go along with the crowd” because I fear the consequences of standing up for the truth? When choosing what to say or do, do I always say or do what I know is right?

Prayer of Contrition: My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen.



“The joy of God is the joy of forgiveness.” – Pope Francis

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