

## **EXAMINATION OF CONSCIENCE: OPTION A**

*On December 22, 2014 Pope Francis met with the behind-the-scenes Vatican employees. After thanking them for their dedication, he encouraged them to examine areas of their lives. The following words are adapted from his remarks.*

**“Care for your spiritual life, your relationship with God.”**

- **Am I a Christian who is not nourished by prayer and the sacraments?**
- **Do I study the Word of God?**

**“Care for your family life...”**

- **Do I give my family time, attention, and love?**
- **Do I care for their daily needs?**

**“Heal the wounds of the heart with the oil of forgiveness...”**

- **Have I forgiven others who have hurt me?**
- **Have I said “I’m sorry” to those whom I have hurt and have I tried to make amends?**

**“Watch how you speak...”**

- **Do I need to purify my everyday language from offensive words, vulgarities, and phrases used in the worldly decadence?**
- **Do I gossip about others or tell false truths?**

**“Care for your work...”**

- **Do I work with enthusiasm and passion?**
- **Am I humble enough to thank the Lord for my accomplishments?**
- **Do I use my God-given skills and talents in the service of others?**

**“Avoid envy, lust, hatred, and negative feelings...”**

- **Are my thoughts and actions destructive toward my relationships, especially with those whom I love?**
- **Do my thoughts destroy my inner peace?**
- **Do I say insulting things when it would be better to remain silent?**
- **Do I surround myself with angry or destructive people?**

**“Reach out to those who need you... this is how you will be judged.”**

- **Do I assist the weak, the elderly, the sick?**
- **Do I stand up for foreigners or for those who are oppressed?**
- **Do I feed the hungry and shelter the homeless?**

**“Let go of...”**

- **“The bitterness that brings us to revenge”**
- **“The laziness that leads to existential euthanasia”**
- **“The finger-pointing that leads to pride”**
- **“The complaining that leads to despair”**

## **EXAMINATION OF CONSCIENCE: OPTION B**

*Two readers might alternate. Allow a brief period of silence between each question or phrase.*

**Presider: The following examination of conscience is based upon the Confiteor. Please reflect quietly as each part is read.**

**I CONFESS TO ALMIGHTY GOD**

- **Do I sincerely want to be set free from sin and turn again to God?**
- **Do I seek a deeper relationship with God in this sacrament of reconciliation?**

**AND TO YOU MY BROTHERS AND SISTERS**

- Do I have a genuine love for my family and friends, neighbors and co-workers, or fellow students?
- Have I contributed to the well-being and happiness of others at home?
- Am I aware of my global relationship to those suffering and dying in other parts of the world?
- Am I committed to seek peace and promote justice for every person?

**THAT I HAVE SINNED THROUGH MY OWN FAULT**

- Do I blame others for my wrongdoing or for the misfortune that befalls me?
- Do I accept responsibility for the commitments I have made to others – my spouse? my parents? my children? my parish?
- Do I accept that society's evils are within my power to change?

**IN MY THOUGHT AND IN MY WORDS**

- Have I ever harbored ill thoughts against another person?
- Have my addictions affected my judgment or behavior?
- Have my fears or prejudices prevented me from speaking out on behalf of the poor, the unborn, or people of other races?
- Have my words caused others hurt? Has my silence caused others harm?

**IN WHAT I HAVE DONE**

- Do I seek to be the center of attention? Have I imposed my will on others without respecting their needs or freedoms?
- Am I focused on my needs to the detriment of the needs of others?
- Am I obsessed with having the perfect body, making more money, or having the latest technology?
- Do I need to be in control of all people and all situations?
- Do I work more than is healthy for my mind or body?

**IN WHAT I HAVE FAILED TO DO**

- Have I neglected my responsibilities to my family?
- Have I neglected my health?
- Have I neglected my prayer life?
- Do I use the earth's resources wisely?

**AND I ASK BLESSED MARY, EVER VIRGIN AND ALL THE SAINTS**

- Do I appreciate the great gift of the Eucharist?
- Do I worship with my Community each Sunday?
- Do I reflect often on what God is calling me to do?

**AND YOU MY BROTHERS AND SISTERS**

- Am I so independent that I refuse to ask for help or let others assist me?
- Do I support and defend other members of my family?
- Do I give others the opportunity to share their gifts and talents?
- Do I treat those who wait on me or who work with me with the dignity they deserve as fellow human beings?

**TO PRAY FOR ME TO THE LORD OUR GOD**

- Do I promise prayers for people and situations and not follow through?
- Do I remember to pray for others in my parish, especially for those who are preparing to receive the sacraments?
- Do I pray for the living and the dead?