

An Aid to Examining the Conscience

“You shall love the Lord your God with all your heart, and all your soul, and with all your mind, and with all your strength.” (Mark 12, 29-30)

Do I try to proclaim the Good news of the Kingdom of God with my life by consciously following Jesus and communicating God’s love to the world?

Do I ever read the Gospels? Do I listen to them attentively?

Have I prayed? Is prayer part of my life?

Am I so caught up with getting on in this world that I often give no thought to God, my Father and His Kingdom?

Have I really trusted God, especially in times of difficulty, or have I been overcome with doubts?

Have I allowed pain or anger to separate me from God?

Is Sunday a day on which I give time to God and my faith particularly by taking a full and prayerful part in the Mass?

Is my heart set on money, possessions and security?

“You shall love your neighbour as yourself?” (Mark 12, 31)

In my family life, do I really try to fulfil my responsibilities, as father, mother, brother, sister, son or daughter?

Do I make my home a happy and loving place by being tolerant and forgiving, giving the others consideration and supporting them in their personal difficulties? Do I show proper respect for the other members of my family?

Do I scandalise others through bad example in what I say or do in their presence?

Do I make a preferential option for those most in need? The weak, the vulnerable, the less fortunate?

Do I despise others, particularly those of other races or religions? Have I been racist in my thoughts, words or deeds?

Do I use others for my own benefit?

Do I pay my debts?

In my work am I just, hard-working, honest?

Do I cheat or break agreements?

Have I been truthful and fair?

Have I deliberately deceived others? Judged them rashly? Injured their reputation by lies about them? Have I revealed secrets?

Have I been guilty of physical violence? Have I been cruel?

Do I forgive people? Or keep long-standing resentments?

Do I insult others, quarrel with them, lose my temper?

Have I stolen the property of others or planned to get hold of what belongs to another?

“For whoever would save his life will lose it, and whoever loses his life for my sake will find it.” (Matthew 10, 39)

Do I accept responsibility for my own life and destiny?

Am I aware that the talents and gifts I have received from God are ultimately to serve others generously and to make this world a place of greater humanity and dignity for all? Or do I use my gifts and talents solely for my own selfish benefit?

Have I abused alcohol or used illegal drugs?

Am I envious, proud and arrogant?

Do I complain too much about misfortunes?

Have I been impure in thought word or deed?

Have I failed to follow my conscience out of fear of what others will think or say?

Have I just followed the crowd?