

Examination of Conscience

- ❖ Do I love God above everything else? Do I live as a child of God, confident in the Father's mercy?
- ❖ Am I humble? Am I mindful of my need for God? 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 moment by moment?
- ❖ Do I pray everyday? 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, rationalize, or relativize? 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 in any way 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, egoism, selfishness, vanity, self-aggrandizing, etc.
- ❖ Do I engage in extra-marital sex? Do I use sex recreationally?
- ❖ Do I look at pornography or sexually explicit movies?
- ❖ How's my driving?
- ❖ 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, worldly, etc? Am I insensitive to violence and immorality around me?
- ❖ 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 emotions, by worldly philosophy, 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? Do I live by any standard other than the way of love revealed by Jesus Christ?**