



An Examination of Conscience

Ask the Holy Spirit for light before you begin. Go slowly. This is not a checklist to check off up so that nothing stays hidden that mercy could reach.

BEFORE GOD

- ☐ Have I prayed today, and given God any real part of my day?
- ☐ Have I put anything — work, money, a person, a screen — in the place that belongs to God?
- ☐ Have I used God's name carelessly, or as a curse?
- ☐ Have I missed Mass on a Sunday or holy day through my own fault?
- ☐ Have I received Communion aware of grave sin, without confession first?
- ☐ Have I despaired of God's mercy, or presumed upon it?

BEFORE OTHERS

- ☐ Have I honoured my parents, and cared for those in my charge?
- ☐ Have I been harsh, cold, or cutting with the people closest to me?
- ☐ Have I gossiped, or damaged someone's name — even with the truth?
- ☐ Have I lied, or let a false impression stand because it suited me?
- ☐ Have I nursed anger, or refused to forgive someone who asked?
- ☐ Have I taken what was not mine, or kept what I should have returned?
- ☐ Have I passed by someone I could plainly have helped?

BEFORE MYSELF

- ☐ Have I used another person as an object, in thought, image, or act?
- ☐ Have I been chaste according to my state in life?
- ☐ Have I been intemperate with drink, food, or anything that dulls me?
- ☐ Have I wasted the time and the gifts I was given?
- ☐ Have I envied what someone else has, or resented their good?
- ☐ Have I been proud — unable to be corrected, or to admit I was wrong?

AN ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of the punishments, but most of all because they offend Thee, my God, who art all good and all loving. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near