

## An Examination of Conscience

Taken from a Lenten Penance Service

1. Do I give God the first place in my life? Do I eagerly reject all idols that could get between God and me, be it money, pleasure, superstition, or power? Do I listen with faith to his Word? Do I persevere in prayer?
2. Do I bless God in each one of my actions?
3. Do I make Sunday the center of my week, beginning with the most important moment, the celebration of the Eucharist? Do I use it, and the other days consecrated to the Lord, to praise and give thanks to God, to entrust myself to him and take rest in him? Do I participate faithfully and actively in the liturgy, preparing myself beforehand with prayer, and making the effort to obtain its fruits during the entire week? Do I sanctify the holy day with some act of love toward the needy?
4. Do I make the effort to understand my family members, and help them, above all in their weaknesses and limits?
5. Do I make the effort to respect and promote life in all of its stages and aspects? Do I do everything in my power to promote the good of the others? How do I live charity toward my neighbor? Am I attentive and available, above all with the poorest and weakest? Do I love myself, knowing how to accept my limits under the gaze of God?
6. Am I chaste in thoughts and actions? Do I make the effort to love with gratitude, free of the temptation to possess or be jealous? Do I always respect the dignity of the human person?
7. Do I respect the goods of creation? Am I honest in my work and in my relations with my neighbor? Do I respect the fruit of others' labor? Am I envious of the goods of the others? Do I make an effort to make others happy, or do I only think of myself?
8. Am I sincere and loyal in each word and action? Do I always speak only the truth? Do I try to give confidence and act in a way that inspires confidence in the others?
9. Do I make an effort to follow the example of Christ in my life of surrender to God and my neighbor? Do I try to be like him: humble, poor and chaste?
10. Do I faithfully find the Lord in the sacraments, in fellowship, and in service to the poor? Do I live with hope in eternal life, seeing each thing under the light of God, always trusting in his promises?