

EXAMINATION OF CONSCIENCE

“You shall love the Lord, your God, with your whole heart, mind and soul,
and your neighbor as you love yourself.”

LOVE OF GOD

- Do I come before the Lord daily in prayer, seeking to unite my heart, mind and soul to God’s desire and love for me?
- Do I bring gratitude for blessings, petition for the needs of my neighbor, and supplication for mercy to the Lord in prayer?
- Do I celebrate the Eucharist each Sunday in the midst of the Church’s assembly with attention and devotion?
- Do I bring important life decisions before the Lord so that I might discern what God is asking of me?
- Do I give principal place in my life to God?

LOVE OF NEIGHBOR

- Do I reverence the dignity of others in my speech concerning them or actions toward them?
- Do I give of my time, talents and treasure in care for the poor and oppressed?
- Do I act as a peacemaker in the midst of conflict and division?
- Do I include others, individually or collectively, from different religious, ethnic, socio-economic and racial backgrounds, and welcome or know them as my neighbor?
- Do I reverence the gift of creation by a careful use of the world’s goods through conservation and recycling?
- Do I seek reconciliation with those whom I have injured?
- Do I contribute to the creation of a more just and compassion world?

LOVE OF SELF

- Do I reverence the gift of my body by eating healthily, drinking moderately, exercising regularly, living chastely and sleeping sufficiently?
- Do I live as a person of integrity?
- Do I nurture the talents and gifts that God has bestowed upon me?
- Do I take advantage of the opportunities afforded me to grow in knowledge and wisdom?
- Do I seek to inform my conscience by attentive listening to the Word of God and the teachings of the Church? Do I follow the dictates of my conscience?