

EXAMINATION OF CONSCIENCE

JULY (odd years)

Act of Presence of God

1. Do I really want to bring the light of Christ to the homes of my friends and acquaintances? Do I help them to see how the atmosphere of a home changes when God is allowed to enter?
2. Do I try to organise wholesome kinds of family entertainment? Do I try to visit family-friendly holiday resorts? Do I give the lead with my own example?
3. Do I ask God to help me renew my love for my husband every day, being unconditionally faithful? Do I appreciate that I am called to sanctify married life?
4. Do I accept the duties of marriage joyfully? Do I take all the steps to safeguard our fidelity? Am I prudent in my relations with other men?
5. St Paul reminds us that we carry the treasure of Christ's light in vessels of clay. Do I humbly ask God for the virtue of holy purity? Do my thoughts, acts, glances, control of imagination and feelings, all portray cleanness of heart? Do I have recourse to the sacrament of Penance to help me?
6. "Purity requires modesty which, while protecting the intimate centre of the person, expresses the sensitivity of chastity. It guides how one looks at others and behaves toward them in conformity with the dignity of persons and their communion" (Compendium, 530). Is this apparent in my behaviour, in the way I dress and in my conversations?
7. Am I a living witness to the fact that that holy purity is possible, fruitful and joyous?
8. "A broken and contrite heart, O God, you will not despise" (Ps 51:17). Does the experience of my frailty bring me closer to God, both through my own humiliation and my awareness of God's goodness?
9. Do I appreciate that for an ordinary Catholic, Christian penance does not normally mean doing extraordinary things, but in seeking out small daily sacrifices?
10. Jesus and his disciples spent so much time attending to people that on occasions they didn't have time even to eat. Do I deny myself in food from time to time? Do I deliberately choose the least attractive thing for myself at meals, without letting others see it? Do I bear little humiliations joyfully?
11. Do I wear the scapular of our Lady of Mount Carmel, and do I try to propagate this devotion generally? Am I comforted by the thought that our Lady will come to my aid at the moment of death?

Act of Contrition