

EXAMINATION OF CONSCIENCE

September (odd years)

Act of Presence of God

1. Am I aware that Christ instituted the sacrament of Penance to forgive my sins? Do I go to confession frequently?. Do I prepare for confession by examining my conscience? Does the acknowledgement of my sins lead me to make an act of love of God, and a resolution not to sin again?
2. Do I see confession as a trusting encounter with God's goodness? Do I teach others, by word and example, what a great source of happiness this sacrament is?
3. "Father, I have sinned against heaven and before you" (Luke 15:21). God is so merciful that he accepts my repentance and grants me his forgiveness. Do I tell my sins sincerely?
4. Do I also confess venial sins, as it helps me to form my conscience correctly and to fight against evil inclinations, to allow Christ to cure me?
5. Do I say my penance after Confession? Once I have confessed something, do I abandon it all in God's hands without further scruple, knowing that it no longer exists?
6. Is my love for Christ expressed in deeds? Do I examine my conscience daily to see how to fulfil God's will throughout the day?
7. Do I ask our Lord for grace to help me uproot from my life everything that is not from God: pride, sensuality, selfishness, superficiality and pettiness, so I can obtain his peace? Do I realise that it is useless striving for outward calm if inwardly I am not at peace?
8. Jesus teaches us that the things that make a person impure proceed from the heart. Am I so naïve as to be surprised when I discover evil inclinations within myself? What is the state of my heart?
9. To love properly one needs to be strong, loyal, with one's heart firmly anchored in God. Am I steadfast, to persevere in the resolutions I make? Do I realise that love supposes sacrifice and renunciation, at the same time as it fills me with joy?
10. Do I struggle for the love of God, or do I seek my own satisfaction or others' recognition? Do I give too much importance to setbacks in the interior life?
11. "And I, when I am lifted up from the earth, will draw all men to myself" (John 12:32). When pain and suffering make an appearance in my life, do I see it as an opportunity to draw closer to the Cross? Do I consider that Christ can make my pain fruitful?
12. "Standing by the cross of Jesus were his mother..." (John 19:25). Do I entrust to Mary, teacher of the hidden and silent sacrifice, the difficulties that crop up in my life?

Act of Contrition