

EXAMINATION OF CONSCIENCE

JANUARY

(odd years)

Act of Presence of God

1. Jesus welcomed all sorts of people: the healthy and the sick, the uneducated, the untrustworthy, the just and sinners. Am I moved deeply when I meditate on Our Lord's charity? Am I charitable towards everybody without exception? Do I ever harbour any resentment or hold grudges?
2. Christ offers himself as an example of meekness and humility. Do I try to imagine the peace and serenity he would radiate? Do I have recourse to him to help me to be patient in difficulties, be they great or small? Do I know how to rest in the Lord and to place my troubles trustingly in his hands?
3. Our Lord was ready to do things for people; the woman with the haemorrhage, Jairus, the Samaritan woman. Am I aware of what people need? Do I take time to chat unhurriedly with each friend and family member? Do I listen to them?
4. 'Truly I say to you, as you did it to one of the least of these my brethren, you did it to me' (Mt 25:40). Do I see Jesus in others, especially in those who are sick?
5. 'Whenever you stand praying, forgive, if you have anything against anyone' (Mk 11:25). Do I say 'sorry' when I do something wrong or when I have upset someone? Am I able to forgive wholeheartedly as often as is necessary? Do I realise that God has forgiven me much more?
6. At Mass, we participate in the sacrifice of Christ, who offers himself to his Father for love of all mankind. Do I try to love people I don't like, as Jesus taught us? Or do I allow myself to be somewhat distant from them?
7. In Baptism, God takes possession of our souls and helps us to keep his commandment: 'as I have loved you, that you also love one another' (Jn 13:34). Do I show my love for my family in specific ways?
8. Philip tells Nathaniel about how he met Jesus and invites him to do the same, saying 'come and see' (Jn 1:44). Do I have many friends? Do I share with them the marvel of my own encounter with Jesus, true God and true Man? Do I pray for them often?
9. 'Then opening their treasures, they offered him gifts, gold and frankincense and myrrh' (Mt 2:11). Do I see Jesus in the needy and do I try to think of the best way to help them?
10. After the miracles of the multiplication of the loaves and the fishes, Jesus ordered the left-over food to be gathered up. Am I clean and tidy in my work? Do I keep machines and household implements and equipment in good condition? Do I try not to waste anything?
11. Do I appreciate the truth of St Josemaria's saying: 'to be happy, what one needs is not a comfortable life but a loving heart'? Can this be seen in the way I don't put my heart into the goods I have, or would like to have? Does the sobriety of my lifestyle demonstrate this to my family, my relatives and my friends? In times of shortage of money or financial difficulty, do I have recourse to Christ on the Cross to find peace?
12. Do I ask Our Lady to help me place my hope in the Lord?

Act of Contrition