
EXAMINATION OF CONSCIENCE

The assembly is now invited to make an examination of conscience. This can be done in silence or by using the examination below. One reader alone may read the questions or two readers might alternate. Allow a brief period of silence between each one.

Reader #1: How have I failed to worship God in private and communal prayer?

- **Do I receive the sacraments regularly?**
- **Do I keep Sundays and holy days sacred?**
- **Do I value the sacrament of reconciliation? Do I sincerely want to be set free from sin, to turn again to God and to begin a new life in deeper friendship with God?**
- **Have I tried to grow in my faith through prayer and the reading of the word of God?**
- **Do I pray daily?**
- **Do I trust God's goodness and providence, even in times of crisis and doubt?**

Reader #2: How have I failed to use the gifts of God in daily living?

- **Do I respect my own body as a gift from God?**
- **Do I control my vices, including abuses of food and drink?**
- **Have I made good use of the gifts God has given me?**
- **Do I work too hard and too long? Do I neglect my family and health?**
- **Have I been lazy and given too much time to leisure or entertainment?**

Reader #1: How have I failed in my relationships with others?

- **In my household, have I contributed to the well-being and happiness of the rest of my family? Am I patient? Am I loving?**

- **Do I treat my parents [children] with respect?**
- **Am I ever angry with those I love?**
- **Have I been faithful in my relationships?**
- **Have I imposed my will on others without respecting their freedom and rights? Am I intolerant of other's ideas or needs?**
- **Have I perpetuated racism, prejudices and stereotypes?**
- **Do I treat people with disabilities with respect?**
- **Have I indulged in reading, conversation, or entertainments that are contrary to Christian decency and respect for human life?**

Reader #2: Have I failed to share God's love with the world?

- **Do I share my time and my treasure with others in need?**
- **When I saw someone hungry, did I give them food?**
- **When I saw someone thirsty, did I give them drink?**
- **When I saw someone needing clothing, did I clothe them?**
- **When I saw a stranger, did I welcome them?**
- **When someone was homebound or imprisoned, did I visit them?**
- **When someone was ill, did I care for them?**
- **Do I fail to speak out on behalf of the poor or the oppressed?**
- **Do I use the earth's resources wisely?**

