

An Examination of Conscience

Find a place with as few distractions as possible and give yourself time to move through this peacefully. Each section begins with a broad question. Pause with it before moving on to the more specific questions. Notice what rises to the surface.

Opening Prayer: Take time to remember that you are in the presence of God. Begin by imagining God looking upon you with love. Ask the Holy Spirit to help you remember where you have fallen short, and invite in the love and mercy of God.

How have I failed to love God?

- Have I deliberately turned away from God or chosen something over God?
- Have I ignored God's voice in my life?
- Have I treated God as a tool rather than the One who loves me?
- Have I refused to make space for prayer and worship?
- Have I done something in the name of being Christian that is contrary to who God is?

An Examination of Conscience (continued)

How have I failed to love my neighbor?

- Take a moment to consider who has been entrusted to your care: friends, family, a spouse or partner, work, community
- Have I neglected the people and responsibilities entrusted to me?
- Have I used or taken advantage of others?
- Have I been indifferent to the sufferings of others?
- Have my words harmed others through slander, harshness, or dishonesty?
- Have I refused to acknowledge the ways I have failed to love others and apologize (when possible)?
- Have I neglected my responsibility to care for the created world entrusted to me?

An Examination of Conscience (continued)

How have I failed to love myself?

- Have I ignored or refused to care for my physical, emotional, and spiritual needs?
- Have I treated myself in ways that harm me physically or emotionally?
- Have I refused to take time to rest?
- Have I allowed shame or self-hatred to define me instead of God's truth?
- Have I believed that I am beyond God's mercy?

Closing Prayer: Take a moment and breathe. Return to where you started this examination by considering the experience of God looking upon you with love. Whenever you are ready, entrust what you have found to God's mercy and bring it into the sacrament of Confession.