

AN EXAMINATION OF CONSCIENCE

Seven Areas for Reflection

FAITH AND GOD

- Am I open to God's love for me and for all people?
- Do I have God and faith and other people "figured out," or am I open to new adventures, to the mystery that God continues to reveal daily?
- Am I proud of my faith? Do I speak openly about my faith or do I try and hide my faith from others?
- Do I defend my faith when faced with questions about it? Do I stand up for what I believe?
- Am I open to the religious traditions of others? Do I respect the faith and beliefs of others?

ACTIONS AND DECISIONS

- Do I make decisions based on my beliefs and values?
- Can others identify me as a Christian by my speech? Do I gossip? Use foul language? Take God's name in vain?
- Do I drink excessive amounts of alcohol? Do I need alcohol to enjoy myself? Has my use of alcohol led me to do things I'm ashamed of?
- Do I use illegal drugs or use prescription drugs for other than their intended purpose?
- Do I spend lots of energy and money on the "right" possessions?
- Am I engaging in any sexual activity outside of its proper place in marriage?
- Do I treat people as objects? Do I make sexist remarks? Do I read or view pornography?
- Am I truthful and honest in all I say and do?
- Have I done violence to others by damaging their reputation, honor, or possessions?

FORGIVENESS

- Do I learn from my mistakes?
- Do I apologize, make restitution, and seek forgiveness? Do I offer forgiveness?
- Do I hold a grudge?
- Am I willing to forgive those who ask me for forgiveness?

SUNDAYS

- Am I a member of a parish community? Do I come to Sunday Mass as a willing and active participant?
- Do I listen reverently and join in the praying and singing or do I just sit there waiting for

Mass to end?

Do I appreciate the gift of the Eucharist, and this opportunity to speak to and to listen to God?

Do I carry on conversations during Mass, disturbing others at prayer?

THROUGHOUT THE REST OF THE WEEK

How does God enter into my work, family life, and other activities?

Have I ever invited God to be involved in these areas of my life or do I keep God only as someone for Sunday and “holy” days?

As I increase my knowledge in life or my experience in the workplace, am I deepening my understanding and appreciation for God in my life?

What are the top three priorities in my life? Is God one of them? If not, then where do I place God?

Do I stop and offer thanks for the ways in which God has blessed me?

HOSPITALITY

Am I aware of the needs of my neighbor?

Do I judge others by their appearance or dress?

Am I involved – in some way – of helping to meet the needs of my community?

Do I volunteer to help others, or do I assume that someone else will? When I do volunteer, why do I do it?

PERSONAL LIFE

Do I see Jesus in others? In my family? Friends? In my coworkers? Do I give them the benefit of the doubt?

Do I work to the best of my ability or do I “sell” myself short?

Do I follow through on my promises?

Do I take care of and respect my body?

Do I pray every day? How important is prayer for me?