

EXAMINATION OF CONSCIENCE (CON'T)

Christ our Lord says: "Be perfect as your Father is perfect."

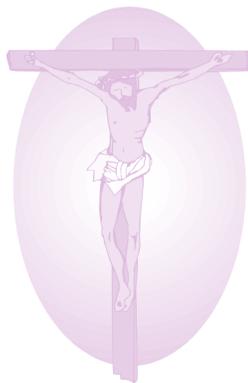
Where is my life really leading me? Have I tried to grow in the life of Spirit through prayer, self-denial, reading and meditating on the word of God, and celebrating the sacraments?

What use have I made of time, of health and strength, of the gifts God has given me to be used like the talents in the Gospel?

Have I been patient in accepting the sorrows and disappointments of life?

Have I respected the dignity of the human body and the holiness of Christian marriage? Have I dishonored my body by impure or unchaste actions, conversations or thoughts?

Do I respect the gift and beauty of all God's creation? Have I been a good steward of the earth?



Please plan on celebrating God's forgiving Love in the Sacrament of Penance At our Communal Celebrations Or Individual confession by appointment. To make an appointment, please call the office at the number below.

Southeast Rochester Catholic Community



**Blessed Sacrament
St. Boniface
St. Mary's**

**259 Rutgers Street
Rochester, NY 14607
Phone: 585-271-7240
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Southeast Rochester Catholic Community

AN EXAMINATION OF CONSCIENCE FOR ADULTS

TO HELP PREPARE YOUR HEART TO CELEBRATE GOD'S FORGIVENESS AT OUR COMMUNAL PENANCE SERVICES OR IN INDIVIDUAL CONFESSION

PLEASE USE THIS GUIDELINE



EXAMINATION OF CONSCIENCE

Doing a thorough examination of conscience is an important step in preparing for the celebration of the Sacrament of Penance. If possible, find a quiet place where you can sit and reflect on these questions. As you reflect on these questions, let God speak to your heart and your conscience about the wrong you have done and the good you have failed to do. Remember that we cannot change others; we can only change ourselves. In this process, we scan our motives, thoughts, and actions to detect our loyalty to or betrayal of the priorities of the reign of God. The goal is not to leave us ashamed and guilt-ridden, but to rely on the Holy Spirit to transform us from within making us ever more holy, loving and faithful.

The Lord says:
“You shall love
the Lord your God
with your whole
heart.”



Is my heart set on God, so that I really love God above all things and am faithful to God's commandments? Or am I more concerned about the things of this world?

Have I prayed daily? When I pray, do I really raise my mind and heart to God or is it a matter of words only? Do I offer God my difficulties, my joys and my sorrows?

Have I love and reverence for God's name? Have I offended God by taking God's name in vain?

Do I keep Sundays and feast days holy? Do I honor the Sabbath rest?

Do I worship false gods like money, fame, power, and sensuality by giving them greater attention and deeper trust than I give to God?

The Lord says:
“Love one another
as I have loved you.”



Do I genuinely love my neighbors? Or do I use them for my own ends, or do to them what I would not want done to myself?

Have I contributed to the well-being and happiness of my family by patience and genuine love? Am I quick to criticize the failings of family members, but slow to praise the good in them? Do I take opportunities to begin to make things right by saying that I am sorry and asking for forgiveness? Do I show my parents proper respect and help them in their spiritual and material needs? Do I

pass on the faith to my children, and help them by good example and by exercising authority as a loving parent?

Have I been faithful to my spouse in my heart and in my relations with others?

Do I share my possessions with the less fortunate? Do I do my best to help the victims of oppression, misfortune and poverty?

Do I share to the best of my ability in the work of promoting justice, morality, harmony and love in human relations?

In my work or at school, am I just, hard-working, honest, serving society out of love for others? Am I just and honest in my business dealings? Do I treat my employees fairly?

Have I been truthful and fair, or have I injured others by lying, slandering, discrediting, judging rashly, or violating a secret?

Have I done violence to others by damage to life or limb, reputation, honor or material possessions? Have I harbored hatred for others? Am I estranged from others through quarrels, enmity, insults, anger?

Have I stolen the property or work of others?