

EXAMINATION OF CONSCIENCE

NOVEMBER 2021

1. “We, though many, are one body in Christ” (Rom 12:5). Do I pray for the holiness of all the faithful, in the first place for the Pope and his co-workers in governing the Church? Am I aware that my Christian struggle affects the holiness of my sisters and brothers in the faith?
2. Communion among the faithful is inseparable from union with Christ. How often do I attend Mass? When I receive Holy Communion, do I remember to pray for the whole Church and all humanity?
3. Do I try to learn from the example of the saints who have gone before us, who now enjoy the vision of God? Am I familiar with the writings of the great spiritual authors? Do I look for advice on spiritual reading?
4. “For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep” (1 Thess 4:14). At Mass, do I pray for the faithful departed? Do I believe in the resurrection of our glorious bodies on the Last Day?
5. Through the communion of saints, do I pray for the holy souls in purgatory, especially at the Sacrifice of the Eucharist? Do I have recourse to their intercession?
6. “You, therefore, must be perfect, as your heavenly Father is perfect” (Matt 5:48). Do I try to respond to Jesus’ invitation to holiness? Do I renew this desire at the start of the day by making the morning offering well, entrusting the whole day to God?
7. “Here I am, for you called me” (1 Sam 3:5). Am I aware of how significant my life is, and do I try to discover the loving plan God has allotted me?
8. Do I have confident recourse to God in prayer? When I see he is asking me for more, do I respond with complete readiness, or do I try to hide from his gaze? Do I excuse myself by giving more importance to my defects and weakness than to God’s grace?
9. In this month dedicated to the holy souls, do I consider that God will ask an account of all I have received? Do I ask him, therefore, for the grace to be faithful to his will to the last moment of my life?

10. “The sick man answered him, ‘Sir, I have no man to put me into the pool when the water is troubled’” (John 5:7). Do I make use of every opportunity to lead people closer to God, conscious that the first opportunity at times may also be the last?
11. Do I speak to my friends about the happiness that comes from being Catholic? Do I show them practical ways of relating to Jesus throughout the day, how to shoulder their daily cross, sanctify their work, and really live by faith?
12. The Mass is the center and summit of the Christian life. How do I prepare to attend the Eucharistic Sacrifice well? Do I try to recollect myself before it starts? Do I arrive in good time, or am I always rushing, both going and leaving?
13. What do I do to acquire a better grasp of the liturgical ceremonies? Am I conversant with the Church’s teaching on the celebration of the Christian mysteries, studying for example the *Compendium* or the *Catechism of the Catholic Church*? Do I try to explain the meaning of the ceremonies to my friends and relatives?
14. “Come, Lord Jesus!” (Rev 22:20). Do I have recourse to our Lady to begin Advent with some concrete resolution, and do I ask her for the grace of a new conversion?

Act of Contrition...



ST. JOSEMARIA INSTITUTE
WWW.STJOSEMARIA.ORG

The content is adapted and reprinted here with permission and cannot be copied or reproduced.