

EXAMINATION OF CONSCIENCE

DECEMBER 2021

1. To learn from Christ, one has to be familiar with his life. Do I read and meditate on the Gospel daily? Do I try to enter into the Gospel story in my prayer, as one of the characters in the scene, and compare my life with his?
2. Do I meditate on the years of Our Lord's hidden life, which shed light on my own life as an ordinary Christian in the world? Do I appreciate that Jesus' hidden toil is an invitation to live life joyfully and generously in God's presence?
3. Am I determined to fulfill the will of my Father God in everything, seeing that he always wants what is best for me? Have I given my heart to God entirely, or have I left room for selfishness, laziness, pride, or vanity? Is there anything in my behavior out of keeping with being a Christian, which prevents me from seeking purification?
4. "He went about doing good" (Acts 10:38). Do I try to treat people properly? Do I finish my work as well as possible? Am I a grateful person? When I see my mistakes, do I ask God for forgiveness and take hold of his hand to start anew?
5. "My soul magnifies the Lord, and my spirit rejoices in God my Savior" (Luke 1:46-47). How am I preparing for Christmas? Will I have a crib at home, in my place of work? Do I see Advent as a time of conversion, making a greater effort in little sacrifices?
6. "God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ" (Eph 2:4-5). Am I able to explain to people that the sacrament of Penance is an expression of divine mercy? Am I convinced that the frequent reception of this sacrament is fundamental in order to experience the joy of Christian living? Do I explain this to my friends?
7. Am I concerned to ensure that all the sick people of my acquaintance are in a state of grace? If there are personal or family obstacles, do I pray for them to be overcome, and do I speak clearly about how wonderful it is to die at peace with God?
8. Do I pray for family members who have abandoned the faith? Do I ask the Holy Spirit to give me strength and serenity to help them when we meet during the holiday season?

9. “And they went with haste, and found Mary and Joseph, and the babe lying in a manger” (Luke 2:16). Do I pray to the Holy Family to protect all the families of my country? Do I get involved in pro-family activities?
10. Do I ask Mary Immaculate to help me purify my heart, so Christmas can be truly holy and joyful?

Act of Contrition...



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