

EXAMINATION OF CONSCIENCE

JANUARY | YEAR A

1. The first disciples, “attending the temple together and breaking bread in their homes, partook of food with glad and generous hearts” (Acts 2:46). Do I long to transmit to others the gladness that Jesus has brought into my life? Am I trying to make life pleasant for others?
2. “Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude... Love does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things” (1 Cor 13:4-7). Do I realize that charity means understanding others? Do I listen to others, trying to see their point of view? Do I show affection to my family?
3. St. Paul urges us: “Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish” (Phil 2:14-15). Am I loyal? When there is criticism and backbiting of people who are not present, do I stand up for them? Do I remain quiet if I cannot say anything good about someone?
4. Do I work as a true Christian in the professional world, doing my job as a service to others, even if at times this may put me at a disadvantage? Do I make myself available to colleagues when they ask for help? Am I generous in offering them my assistance when I foresee that they may need it? Do I avoid useless interruptions and conversations at work?
5. Do I pray for the Pope? What do I do to make his teachings known to others? Do I defend him in a calm and thoughtful way when he is attacked? Do I make reparation when this happens?
6. “So the churches were strengthened in the faith and they increased in numbers daily” (Acts 16:5). Am I confident that the Holy Spirit will not abandon the Church in her troubles? Do I appreciate the value that my prayer and my sacramental life have for the whole Church? Do I act accordingly, praying for my brothers and sisters in the faith?
7. The Eucharist builds up the Church. Do I participate in the Mass and encourage my family and friends to do so? Do I receive communion frequently? At Mass am I united to the intentions of the Pope and the bishops?
8. Do I ask Holy Mary, Mother of the Church, to raise up numerous priestly vocations in Christian families? Do I pray for the holiness of priests? Do I also pray that there may be many who will dedicate themselves to God, becoming sowers of peace and joy throughout the world?

9. “Let what you say be simply ‘Yes’ or ‘No’; anything more than this comes from evil” (Matt 5:37). Am I a person of my word? Do I speak the truth simply, without evasiveness? At the same time, do I speak with charity, without hurting anyone?
10. Am I mindful that the truth is to be found in Jesus Christ, as he himself says: “You will know the truth, and the truth will make you free” (John 8:32)? Do I strive to know this truth through the sacraments, prayer, and personal formation? Do I share the truth with others, trusting in the power that it has in itself, even though I may think that I am not very eloquent?
11. As Benedict XVI says, “If we have accepted the truth of Christ and committed our lives to him, there can be no separation between what we believe and the way we live our lives.” Am I struggling to make each one of my thoughts, words, and deeds be for the glory of God; in other words, that they be full of his Love?
12. Does my personal life, including my professional work, reflect the teachings of Christ and the Gospel? Do I have the courage to seek the truth and to communicate it in an attractive way? Do I do it with the gift of tongues, thinking about who it is that I am talking to?
13. Do I ask the Holy Spirit for the gift of counsel so that I can guide those around me to true happiness? When I have to refute a mistaken opinion, do I speak with serenity and a smile, suggesting positive alternatives? When it is my duty to correct, do I do so with charity, without humiliating or wounding?
14. Do I ask Holy Mary, Mother of the Church, to help make others love the Pope and the whole Church?

Act of Contrition...



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