

# EXAMINATION OF CONSCIENCE

APRIL | YEAR A

1. Do I appreciate that Jesus Christ has stayed behind in the Eucharist out of love for us? Do I go therefore before the tabernacle insisting, like the disciples of Emmaus, “Stay with us, for it is toward evening and the day is now far spent” (Luke 24:29)?
2. Do I show my faith in the real presence of Jesus Christ in the Eucharist, adoring him by genuflecting, kneeling to pray, greeting him with a few brief words, and staying recollected? Do I try to teach members of my family and friends to act in the same way?
3. Do I try to visit Jesus every day in the tabernacle? Do I often pray before the tabernacle, asking him about all my concerns?
4. Am I convinced that in order to spread peace and joy to those around me I need this continual conversation with Jesus in the Blessed Sacrament? How much do I ask him to help my spouse, my children, relatives, and fellow workers?
5. Do I invite others to go with me to visit Jesus in the tabernacle of some church, teaching them to leave all their joys and worries in his hands?
6. During my work day, or when I am out on the street, or simply relaxing, do I try to approach, at least mentally, a nearby tabernacle?
7. Jesus said to Peter, “I have prayed for you that your faith may not fail” (Luke 22:32). Do I pray every day at Mass and throughout the day for the Pope and his intentions, eager to lighten the load God has placed on his shoulders? Do I also pray for my bishop and for priests?
8. The Pope “is the perpetual, visible source and foundation of the unity of the Church” (*Compendium*, 182). Do I pray for the unity of all Christians?
9. Do I try to enrich my faith by reading Papal documents? Do I reflect on the Pope’s teachings and make them known to others? Do I have a holy pride in being Catholic, and do I clearly show that I am a son or daughter of the Church who wants to be faithful to her teaching?

10. “Serve the Lord with gladness. Come into his presence with singing” (Ps 100:2), prays the psalm. Does my struggle have this positive spirit, fruit of trust in God from whom all good things come? Do I show with my life that true joy consists in disinterested service to others?
11. How do I respond to God’s invitations to be more generous? Do I trust God, even if it means complicating my life, or do I excuse myself citing the lack of time and means? Do I keep in mind that the Lord rewards such generosity with a profound happiness, since “God loves a cheerful giver” (2 Cor 9:7)?
12. At home do I create a cheerful environment, for example, by serving the others with a smile? Do I try to get home early from work, knowing that they are expecting me? Do I teach by my example how to do things for others, showing them that sacrifice is the way to happiness?
13. The apostles, after being scourged, went away “rejoicing that they were counted worthy to suffer dishonor for the name” of Jesus (Acts 5:41). Do I make acts of reparation when I see that he is offended by words, images, or behavior? Do I regard the criticism, gossip, and slander that may come my way as something that brings me closer to the Cross of Jesus? When sickness befalls me or my loved ones, do I ask God to help me face it with a supernatural outlook? Do I try to help those who are going through similar trials?
14. On the Cross Jesus says to John, “Behold your mother” (John 19:27). Do I have recourse to Mary to live with supernatural joy, even in suffering and sickness?

*Act of Contrition...*



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