

## Examination of Conscience for Adults

Author unknown.

*I have a prayer I want you to read. Maybe it will help you. Even if you can't say you believe, just try reading it once in a while – and thinking about it. Just imagine that God is talking to you.*

You do not have to be clever to please me; all you have to do is want to love me. Just speak to me as you would to anyone of whom you are very fond. Are there any people you want to pray for? Say their names to me, and ask of me as much as you like. I am generous, and know all their needs, but I want you to show your love for them and me by trusting me to do what I know is best. Tell me about the poor, the sick, and the sinners, and if you have lost the friendship or affection of anyone, tell me about that too.

Is there anything you want for your soul? If you like, you can write out a long list of all your needs, and come and read it to me. Tell me of the things you feel guilty about. I will forgive you if you will accept it.

Just tell me about your pride, self-centeredness, meanness and laziness. I still love you in spite of these. Do not be ashamed; there are many saints in heaven who had the same faults as you; they prayed to me and little by little, their faults were corrected.

Do not hesitate to ask me for blessings for the body and mind, for health, memory, success. I can give everything, and I always do give everything needed to make souls holier for those who truly want it.

What is it that you want today? Tell me, for I long to do you good. What are your plans? Tell me about them. Is there anyone you want to please? What do you want to do for them?

And don't you want to do anything for me? Don't you want to do a little good to the souls of your friends who perhaps have forgotten me? Tell me about your failures, and I will show you the cause of them. What are your worries? Who has caused you pain? Tell me all about it and add that you will forgive, and be kind to them, and I will bless you.

Are you afraid of anything? Have you any tormenting, unreasonable fears? Trust yourself to me. I am here. I see everything. I will not leave you.

Have you no joys to tell me about? Why do you not share your happiness with me? Tell me what has happened since yesterday to cheer and comfort you. Whatever it was, however big, however small, I prepared it. Show me your gratitude and thank me.

Are temptations bearing heavily upon you? Yielding to temptations always disturbs the peace of your soul. Ask me, and I will help you overcome them. Well, go along now. Get on with your work or play, or other interests. Try to be quieter, humbler, kinder, and come back soon and bring me a more devoted heart. Tomorrow I shall have more blessings for you.

*This prayer may help you grow in what is called mental or conversational prayer. It will also help set the stage for contemplation. Contemplating is simply gazing upon the Lord, without words, or thoughts or symbols. It is essentially the spiritual enjoyment of God.*

## Examination of Conscience for Adults

### 1. The Lord says: "You shall love the Lord your God with your whole heart."

- a. Is my heart set on God, loving God above all things, faithful to the commandments? Or, am I more concerned with the things of this world?
- b. Have I been careful to grow in my understanding of the faith, to hear God's word, to listen to instructions on the faith? Have I professed my faith in God and the Church? Have I been willing to be known as a Christian in private and public life?
- c. Do I pray? Do I offer God my difficulties, my joys and my sorrows? Do I turn to God in times of temptation?
- d. Have I love and reverence for God's name?
- e. Do I keep Sundays and feast days holy by taking a full part in the liturgy? Have I fulfilled the precept of annual confession and of communion during the Easter season?
- f. Are there false gods that I worship by giving them greater attention and deeper trust than I give to God: money, superstition, spiritism, or other occult practices?

### 2. The Lord says: "Love one another as I have loved you."

- a. Have I a genuine love for my neighbors?
- b. In my family life, have I contributed to the well-being and happiness of the rest of the family by patience and genuine love? Have I been obedient to parents; careful to give a Christian upbringing to my children; faithful to my husband or wife in my heart and in my relations with others?
- c. 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 help the poor, the sick, the elderly, strangers?
- d. Does my life reflect the mission I received in baptism? To share in the apostolic and charitable works of the Church and in the life of my parish?
- e. Am I concerned for the good and prosperity of the human community in which I live? Have I done my duty as a citizen?
- f. In my work or profession, am I just, hard-working, honest, serving society out of love for others? Have I paid a just wage to my employees? Have I been faithful to my promises and contracts?
- g. Have I obeyed legitimate authority and given it due respect?
- h. If I am in a position of responsibility or authority, do I use this for my own advantage? or for the good of others, in a spirit of service?
- i. Have I been truthful and fair, or have I injured others by lies, detraction, rash judgment, or violation of a secret?
- j. Have I done violence to others by damage to life or limb, reputation, honor or material possessions? Am I estranged from others through quarrels, insults, anger? Have I been guilty of refusing to testify to the innocence of another? Have I been responsible for advising an abortion or procuring one?
- k. Have I stolen the property of others? Have I desired it unjustly? Have I damaged it?
- l. If I have been injured, have I been ready to forgive, or do I harbor hatred and the desire for revenge?

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

- a. Where is my life leading me? Is the hope of eternal life my inspiration?
- b. Have I tried to grow in the life of the Spirit through prayer, reading the word of God and meditating on it, receiving the sacraments?
- c. Have I been proud and boastful, despising others as less important than myself?
- d. Have I imposed my own will on others without respecting their freedom and rights?
- e. What use have I made of time, of health and strength, of the gifts God has given me?
- f. Have I been patient in accepting the sorrows and disappointments of life?