

Examination of Conscience

Based on the Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Do I live a spirit of detachment and generosity?

Do I sacrifice for others?

2. Blessed are they who mourn, for they will be comforted.

Do I console and help those who mourn and suffer?

Do I show compassion?

3. Blessed are the meek, for they will inherit the land.

Am I authentically humble and self-giving?

Have I been egotistical or boastful?

4. Blessed are they who hunger and thirst for holiness, for they will be satisfied.

Am I passionate for the things of God?

Do I work for the triumph of love, peace and justice?

5. Blessed are the merciful, for they will be shown mercy.

Am I forgiving and merciful?

Do I give others the benefit of the doubt?

Am I harsh or judgmental?

6. Blessed are the pure of heart, for they will see God.

Am I single-minded in the practice of my faith?

Have I allowed a particular sin or vice to distract me from God?

7. Blessed are the peacemakers, for they will be called children of God.

Am I a person of reconciliation, peace and mercy?

Do I hold grudges or seek revenge?

8. Blessed are they who are persecuted, for theirs is the kingdom of heaven.

Do I suffer well?

Am I willing to sacrifice anything for my faith?

Do I allow human respect to keep me from being a Christian witness?