



EXAMINATION OF CONSCIENCE

2018



EXAMINATON OF CONSCIENCE

Here you will find all the daily examination of conscience questions that you've considered this Lent. They are presented here in one of three possible categories, divided according to three root sins: pride, vanity, and sensuality.

Sins of pride are the ones where we seek meaning in our own perceived "successes." We puff ourselves up and wrest power away from God. The sins clustered under vanity are those rooted in a disordered attachment to the world's affirmation and applause. Sensuality seeks pleasure, ease, and comfort, particularly of the flesh.

Of course excellent achievements and human interaction and pleasure are not sins. Making idols of them is. The meaning in our lives should not come from attachments to anything other than God. These questions, gathered this way, are intended to help you prepare for Confession, so that disordered attachments and the things they compel us to do can be forgiven and we can move forward in grace, with God at the center of our lives.

P R I D E

Do I try to figure out a problem on my own, forgetting to ask God for His direction before even attempting to discern the path forward?

Do I think more of book smarts than I do of knowledge of the nature of God?

Am I puffed up by accolades of this world; do I set my goals according to what lofty award or promotion or grad school admission I want to attain, failing to discern if those are God's goals for me?

Do I worry excessively, and fail to hand over my fears to God?

When I perform good works, am I offering them to God or doing them because I think I can earn heaven?

Do I do good works because they make me feel better about myself?

Do I fail to offer God all the little details of my life and do I stubbornly hold on to some illusion of control?

Do I fail to pray about the little details?

Do I despair in my sins and beat myself up for imperfection, forgetting that I am the dearly loved child of God and He has died to save me from my wretchedness?

Has my pride kept me from Confession?

P R I D E

Do I fall prey to the lie that I don't need friends, don't need companions on a Christian journey?

Do I criticize harshly or without mercy?

Do I dismiss other people as beneath me, not worth my time or attention or friendship, because I think that I am exalted above them?

Am I quick to judge other people and find them lacking?

Do I make quick, critical assessments of others without considering them with empathy?

Do I genuinely believe that I am rarely wrong?

Do I cower and weep or lash out in anger at the suggestion I could be wrong?

Do I withhold apology because I think it weakens me?

Do I miss the cues that I have hurt someone else because I'm too preoccupied with myself?

Do I fail to spend my Sundays genuinely worshipping and resting?

Do I despair, thinking that I will never truly conquer sin, never grow in holiness?

Am I prioritizing my life according to God's will?

Am I confused about which responsibilities

P R I D E

Do I slow down and trust that God will provide everything I need?

In my anger, have I sinned against the dignity of another person?

Do I consider someone worth my time and attention only when he or she meets a certain social or economic criteria?

Do I dishonor God by devaluing the gifts He's given to me?

Do I seek acclamation and affirmation for my gifts, forgetting that they were freely given and not at all earned?

Have I failed to apologize promptly, stubbornly digging into my own self-righteousness and sacrificing genuine reconciliation?

Have I apologized insincerely, shifting the responsibility from my own failings and blaming the hurt on the victim of my sins?

VANITY

Do I spend more time on social media than I do in the word of God?

Do I fail to speak up in the presence of injustice?

Am I shy about living the seamless life of a committed Christian for all the world to see, no matter where I am?

Did I lose my patience because I think what I am doing is more important than the person who interrupts me?

Do I judge myself according to the false standards of this fallen world, striving for status or wealth or fame or outward beauty?

Do I think what the crowd thinks or even what just one person thinks is more important than what God thinks? Do I act like I do?

Am I a people pleaser who tries too hard to make everyone like me to the detriment of my own self-worth?

Do I pretend to be a devout Christian, all the while sinning silently inside my head?

Do I demand attention, always seeking the spotlight?

Do I thrive on drama, so I create it in order to sustain the attention of those around me?

Do I recount my faults to others in order to

VANITY

Is defensiveness my first reaction to criticism?

Do I live in a false paradigm of cliques and exclusivity to the detriment of knowing and loving all the people God intends for me?

Do I neglect quiet time with God because I am agreeing to do things that fill me with worldly pleasure or acclamation?

Do I withhold hospitality because I think I have to "entertain" in a perfect household?

Am I living according to the world's economy or God's?

Do I miss my own gifts because I am so focused on comparing them to other people's gifts?

Do I use people for my own gain? (Take a serious look at the people in your life. Which ones are there because you think you can get something from them?)

Do I resent others for the gifts they have that I don't?

Do I make a false witness of my life because I'm not honest and sincere about who I really am?

Do I lie, even just a little?

Have I dug up old offenses and opened old wounds in the heat of an argument?

VANITY

Have I ever apologized for something about which I was not sorry or I had no fault, only because I wanted to gain the false peace that comes with avoiding conflict?

Have I made other people the butt of my jokes?

Have I couched gossip in the words of a "prayer request," thereby exposing someone else to the scrutiny of others?

Have I spoken untruths about someone or spread stories whose truth I do not know?

Have I spoken things which are true, but which damage the reputation of another and are better left unsaid?

Am I a backbiter, speaking ill of one member of my family or community to another?

Have I spoken poorly of my spouse, either to my children or to someone outside my family's circle?

SENSUALITY

Do I fail to give my full attention to people when they are talking to me?

Do I spend more time doing good things which make me feel like a good person than I do getting to know the heart of the good God?

Do I fail to share my faith boldly?

Do I fail to notice the need around me because I am so focused on myself?

Do I miss Mass because I've filled the rest of the week so full that I'm too tired to get out of bed on Sunday morning?

Do I miss Mass because the weekend schedule crowds it out?

Do I worry too much about "wasting" time and so work needlessly on Sundays, forgetting that God is the master of time and He has commanded me to rest?

Do I grumble and complain about the duties of this life and lose sight of the blessing of work?

Do I spend too much time in front of screens?

Honestly, how much time do I spend mindlessly clicking around, in search of something to fill my cravings, missing that what I really crave is God?

Do I spend too much time at my job because I don't want to face the work of personal relationships?

Do I favor one of my children (or siblings or parents) over another with my time and attention because it's just easier?

VANITY

Do I fail to give God quality time: still, focused attention every day?

Do I fail to listen carefully to the promptings of the Holy Spirit and/or fail to ask Him to show me how to sanctify my daily round?

Do I let ingratitude or irritation erode my awareness of God's gracious provision?

Am I attached to things of this world and do I make idols of them, prioritizing my life so that I don't have to be without them?

Do I recognize my complete need for Christ and the way that I can be content in Him, or do I focus on the creature comforts in my surroundings?

Have I complained about one child to another?

In my anger, have I lost my temper?

Do I miss the point that all that I have belongs to God for the purpose of extending His love, and so I am miserly with my possessions?

Do I hold back in meeting a need because I'm afraid I won't have enough left for me?

Do I hesitate to invite someone in when I could provide food or shelter or comfort or companionship because it requires work and some bother?

Do I have a right spirit about fasting? Do I wear sackcloth and ashes and moan and complain, or do I embrace sacrifice as a way to become more Christlike?



**WE CAN MOVE FORWARD IN GRACE, WITH GOD
AT THE CENTER OF OUR LIVES.**

