



An Examination of Conscience Based on the Beatitudes

Preparing for the Sacrament of Reconciliation

Ask the Holy Spirit's help to examine your conscience well by prayerfully reviewing your conduct in light of the commandments and the example of Christ. The questions below should assist you in making a thorough review.

You are obliged to confess all mortal sins and confession of venial sins is very helpful for avoiding sin and advancing in holiness toward Heaven.

If you are in doubt about whether a sin is mortal or venial, mention your doubt to the priest. For a sin to be mortal, three conditions must together be met: "Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent." (CCC 1857)

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

- Am I humble enough to acknowledge my total dependence on God?
- Am I able to admit to others that I don't have all the answers?
- Can I admit mistakes without blaming others?
- Have I been proud, arrogant and self-righteous?
- Have I been selfish, greedy, possessive and self-seeking?
- Have I sought after status, recognition, power, material possessions and wealth?
- Do I contribute my time, talent and money to the poor of the world?

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

- What has been my attitude towards situations which caused me grief and sorrow?
- Have I been able to say: "I am sorry" and really mean it?
- Do I have an "I don't care attitude" about the evils in society?
- Have I endured difficulties and afflictions with faith and patience?
- Do I have compassion for the poor, the hungry, addicted, the sick, the lonely and the sinful of the world?
- Have I truly been sorrowful for my sins and faults?

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

- Am I humble enough to handle conflicts and insults without vengeance?
- Am I able to affirm others rather than criticize them?
- Do I respect the worth of others?
- Am I a good listener?
- Do I seek to dominate others at home, school, work, office, church, or elsewhere?
- Have I lost my temper?
- Have I nursed hatred in my heart or the desire for revenge?
- Have I been impatient, resentful, bitter, unforgiving or insulting and abusive to others?
- Have I tried to love my enemies?
- Do I use intimidation and force to get my way?

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

- Is the primary focus of my life acceptance, success and material possessions?
- Do I really want to seek and find a relationship with God?
- Do I listen with attention and devotion to the Word of God proclaimed?
- Am I hungry for Eucharist?
- Do I thirst for holiness?
- Do I truly yearn for God's will to be done in my life and in all things?
- Have I tried to cultivate a righteous and holy life through prayer, fasting, almsgiving, worship, the reading of Holy Scripture, frequent Confession and Communion?
- Have I been lukewarm in my faith?
- Have I been lazy, negligent or apathetic?
- Am I honestly trying to improve the quality of life around me?
- Am I trying to improve the environment, racial relations, care for the unborn, equality, the lives of the poor and destitute?

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

- Am I sensitive to others' needs?
- Do the needs of others come before my own?
- Do I give of myself without thinking of what I will receive in return?
- Have I been merciful to others?
- Have I turned away from someone who needed my help?
- Have I turned my back on someone poor, hungry, rejected, lonely or needy?
- Have I tried to understand and to forgive others?
- Have I been indifferent or judgmental?
- Do I operate on a double standard of expecting mercy but not wanting to grant it?
- Do I prefer the strict law and order approach, or that of mercy, tenderness and compassion?
- Are there places in my life where people are suffering because of me and my unforgiving attitude?
- Am I devoid of a merciful spirit toward those I call "enemy"?

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

- Am I a person of integrity and sincerity?
- Am I trustworthy?
- Am I honest about my own faults and failings?
- Do I treat others with respect and love?
- Have I ever used anyone as an object for my own pleasure?
- Have I been dishonest in my speech or actions?
- Have the motives or intentions of my actions been evil or selfish?
- Have I given way to lust, impure thoughts, words or deeds?
- Have I been guilty of prejudice?
- Have I been hypocritical, pretentious or self-indulgent to sinful passions?

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

- Do I return evil for evil?
- Do I accept genuinely and sincerely those who do not agree with me?
- Am I at peace with myself, with my family, friends, and those with whom I live and work?
- Am I at peace with God?
- Have I been angry, aggressive or impatient?
- Do I foster peace at home, work, church and community?
- Have I been irritable or argumentative?
- Have I caused division and discord?
- Is my criticism harmful and disruptive, or does it build up others in charity?
- Am I eager for reconciliation, or do I antagonize and yearn for revenge?

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.

- Am I able to suffer in silence or am I always complaining about something?
- Do I uphold the teachings of the Church to the best of my ability when they are attacked? Do I follow my conscience or acquiesce to peer pressure?
- Have I complained when persecuted for my faith?
- Have I prayed for my enemies?
- Have I failed to defend someone for fear of humiliation or persecution?
- Have I had the courage to stand up for the truth despite criticism, ridicule or persecution?
- Am I afraid to witness to my faith in Christ Jesus?

Rejoice and be glad, for your reward is great in heaven

- Do I give thanks to God in all circumstances, or do I complain often?
 - Have I been pessimistic, negative, despondent or despairing?
 - Have I truly delighted in the promise of God's treasures in heaven?
 - Do I surrender to pessimism and anxiety?
 - Have I become cynical rather than hopeful?
-