

# An Advent Examination of Conscience

*I will praise you, Lord, with all my heart.  
I will delight and rejoice in you. (Ps 9:2-3)*



- Am I loving and serving God with my heart, mind, and strength? Or have I become the slave of something else? What is that other thing? How can I change this situation?
- Have I **given priority** to God on Sundays and Holy Days of Obligation by attending Mass and making a special effort to seek a stronger relationship with Christ and His Church?
- When at Mass have I **actively participated** in true worship of God? Do I pray, sing and pay attention?
- Do I appreciate the great gift of the Eucharist and the many other treasures of my Catholic faith? Do I prepare to receive Holy Communion worthily?
- Do I give Jesus Christ a say in the way I spend my time, money, and other resources? Am I using these gifts to build His kingdom? Have I **supported** my local parish and its ministries and work?
- Do I **show respect** for God's holy name and for all that is holy. Do I curse or swear? Have I spoken badly about God's holy Church, its beliefs and priests?

*Rejoice in hope, endure in affliction, persevere in prayer. (Rom 12:12)*

- Have I been faithful to prayer, meditation and Scripture reading, opening myself to God's love and direction every day?
- Do I seek to grow in knowledge of Christian faith through study and prayerful meditation? Have I sought to **form my conscience** according to the teachings of the Gospel and the Church?
- Do I **pray regularly** for others, our beloved dead, the needs of the church and the world?
- Have I allowed myself to slide into sinful habits out of boredom, inattention, laziness, or frustration? Am I praying and working to break the power of these habits?
- What trials and difficulties are causing me the most pain right now? Am I **keeping faith** and trusting in God and his promises?

*To practice justice is a joy for the just. (Prov 21:15)*

- How am I working for the coming of Christ's kingdom of justice and peace?
- Is God calling me to take a stand against some particular injustice? Have I sought His guidance about how to respond to the many challenges and issues of our modern society?
- Am I helping to build a world where human life is valued and respected through all stages of life? Have I **defended the rights** of the unborn, the old and the disabled in my speech, my actions or my participation in the democratic process?
- Have I stolen anything or cheated on my income taxes? Do I need to make restitution for such acts?
- How have I **helped care** for the poor, less fortunate, sick, and suffering? Have I readily shared with those in need from the many blessings that God has given me?

*(over)*

*Complete my joy by being of the same mind, with the same love, united in heart. (Phil 2:2)*

- How am I doing in my relationships with the people God is calling me to love and serve; family members, friends, coworkers, neighbors, fellow parishioners? Am I treating them with respect and compassion?
- Have I **encouraged**, either actively or through my silence, another to sin? Am I living up to my Christian responsibility to help others whom I know are in sinful relationships or addicted to sinful habits?
- Are there ways in which my words, attitudes, or actions have caused disunity in my relationships? Have I **gossiped** and hurt the good name and reputations of others. Why do I do this? What restitution have I made in such circumstances?
- Have I always **spoken the truth**? Have I kept secrets and promises? Have I divulged the hidden sins of others?
- Am I harboring any anger, resentment, hatred or prejudice against someone? Is there anyone I need to forgive? Is there anyone whose forgiveness I need to ask?
- If I am married, how am I working at loving and supporting my spouse and building my marriage? As a parent, do I **give good example** and direction to my children in Christian living?

*Do you not know that your body is a temple of the Holy Spirit within you...?  
Therefore, glorify God in your body. (1Cor 6:19-20)*

- Do I treat my body with respect, or have I abused it through the willful misuse of drugs, alcohol, or food?
- Do I work too much that I neglect my family, my health and my responsibilities to the community?
- Am I **following Christ's teachings** on sexual morality? Do I indulge in lustful thoughts and sexual fantasies? Have I committed sins of impurity? Have I looked at pictures, the internet, movies or magazines that lack respect for the human body and the gift of human sexuality?
- Have I opened myself to unhealthy media and societal influences that influence the way I think, the words I use, or the choices I make?

*Holy Spirit, help me to examine my heart.  
Lead me to yourself and to the joy that no one can take away!*

