

EXAMINATION OF CONSCIENCE

Our Duties Toward God

IN THOUGHT—Have I wilfully doubted any article of faith? Did I despair of the goodness of God? Was I wilfully distracted at prayer or Mass? Did I try to become perfect in God's sight? Did I form a good intention for all I thought, said, or did?

IN WORD—Did I curse or use profane words? Did I take the name of God in vain? Have I said my prayers?

IN DEED—Have I missed Mass? Did I do servile work on Sundays? Did I profane the Lord's Day by indulging in sinful pleasures? Did I call upon God for help in temptation?

Our Duties Toward Our Neighbor

IN THOUGHT—Have I thought evil of others or rashly judged them? Did I harbor sentiments of hatred, revenge, aversion, illwill or contempt? Did I envy my neighbor's temporal or spiritual welfare?

IN WORD—Have I told lies to injure my neighbor? Have I been guilty of detraction? Did I excite others to anger? Did I command, consent or defend an evil action? Did I foster evil by remaining silent?

IN DEED—Did I encourage discord or discussion? Did I take revenge? Have I injured another by taking or destroying his property? Have I contracted debts without intention or means to pay them? Have I been wilfully disobedient to my parents or superiors?

Our Duties Toward Ourselves

IN THOUGHT—Did I deliberately have thoughts of pride? Did I wilfully have impure thoughts or desires? Have I been self-conceited, or have I refused to acknowledge my faults?

IN WORD—Have I hypocritically concealed my vices under the appearance of virtue? Have I been boastful and proud?

IN DEED—Have I been slothful so as to neglect obligations? Have I read obscene or suggestive literature? Have I committed any act against holy purity? Did I eat or drink to excess? Did I keep the laws of fast and abstinence? Did I give my contributions to the Church? Did I neglect my duty through human respect? Have I lived up to the duties required of my state of life?