

blessed is *she*

EXAMINATION of CONSCIENCE

BASED ON THE SEVEN DEADLY SINS (CCC 1866)

SLOTH:

Have I used words that demean God, the Church, or His saints?

Have I willingly missed Mass on Sunday or on a Holy Day of Obligation? Have I left Mass early without sufficient reason?

Have I failed to show my parents proper respect?

Have I neglected my duties to my husband and my children?

Have I neglected to care for myself?

Have I taken or wasted time or resources at work, school, or home?

Have I broken a promise or failed to live up to my responsibilities in a contract?

Have I been lazy in my duties to God, my family, or my work?

Have I neglected to spend time with God in prayer?

ENVY:

Have I spread false rumors or gossiped about someone?

Have I rejoiced in the difficult circumstances of another?

Have I been overly-critical or judgmental?

Have I resented my current vocation or state in life?

Have I been jealous or envious of another's blessings, ignoring the gifts I have been given?

Have I been reckless or careless with my money or possessions?

Have I made purchases out of a desire to keep pace with my peers?

GREED:

Have I placed people, achievements, or things (possessions) before God in my life?

Have I allowed someone or something to direct my decisions against God's guidance and will?

Have I engaged in occult activity (New Age practices or superstition such as consulting a psychic, tarot cards, ouija board, etc. or the worship of Satan)?

Have I supported, advised, participated in, or had an abortion? Euthanasia?

Have I used artificial contraception? Have I avoided conception without serious reason?

Have I placed value of material possessions over spiritual growth?

Have I failed to be grateful for what I have?

Have I shared the gifts that God has given me with the Church and those who are less fortunate?

PRIDE:

Have I refused to accept and live by the revelation of God and the teachings of the Catholic Church?

Have I denied the existence of God? Have I formally left the Catholic Church?

Have I presumed on the mercy of God (committing a sin with the expectation of God's mercy)? Or, conversely, have I despaired of God's mercy (thinking I am beyond the healing mercy of God)?

Have I knowingly received Communion in a state of mortal sin?

Have I shown disrespect for those in authority, both in the Church and in the government?

Have I attempted to commit suicide?

Have I despised myself or the gifts I have been given because I compare myself to others?

Have I supported or engaged in acts against human life such as artificial insemination, in vitro fertilization, or (unnecessary) sterilization?

Have I refused to show respect toward someone because of their race, gender, nationality, or religion?

Have I cheated in any way (on a test, in sports, in business)?

Have I embellished stories or lied to make myself look good or others look bad?

GLUTTONY:

Have I busied myself on the Lord's Day, not observing that it is a day of rest in the Lord?

Have I neglected the hour-long fast before receiving the Eucharist without sufficient reason?

Have I refused to fast or abstain on the designated fasting days without sufficient reason?

Have I put the lives of others in danger by driving recklessly, distractedly, or under the influence of drugs or alcohol?

Have I consumed more food or drink than I need?

Have I abused illegal or prescription drugs? Have I abused alcohol?

Have I purposefully withheld material goods from those in need, even when I have an excess?

LUST:

Have I respected the sexual dignity of others and myself?

Have I willingly viewed pornography?

Have I committed adultery or engaged in sexual activity outside the context of marriage (whether by entertaining thoughts or by action)?

Have I engaged in homosexual acts?

Have I masturbated?

Have I failed to give my husband my exclusive love and attention?

Have I been flirtatious with someone who is not my husband (if married); or have I flirted with someone who is married to another (if single)?

Have I watched movies or TV shows, read books, or listened to music that degrades the sexual dignity of the human person or encourages sexual impurity?

Have I willingly put myself in a near occasion of sexual sin either by myself or with someone else?

ANGER:

Have I used vulgar language, especially about or directed toward another person?

Have I criticized anyone without first approaching their shortcomings with compassion?

Have I harmed another person (including myself) physically, emotionally, mentally, or spiritually?

Have I hated another person or wished evil upon someone?

Have I withheld marital intimacy from my husband as a form of manipulation or punishment?

Have I withheld forgiveness, even when it is actively sought from me? Have I refused to seek forgiveness when I have hurt someone?

Have I sought revenge?

HEAVENLY VIRTUES:

After bringing your sins to the mercy of Jesus in the Sacrament of Confession, examine the areas of your life in which you most need grace to avoid those sins in the future. If you're struggling in a particular area, pray for an increase of the the contrary virtue in your soul.

If you struggle with Sloth, cultivate Hope and Diligence.

If you struggle with Envy, cultivate Love and Gratitude.

If you struggle with Greed, cultivate Faith and Generosity.

If you struggle with Pride, cultivate Justice and Humility.

If you struggle with Gluttony, cultivate Contentment and Temperance.

If you struggle with Lust, cultivate Prudence and Chastity.

If you struggle with Anger, cultivate Fortitude and Meekness.