

Examination of Conscience

An act of the presence of God.

Have I tried to speak to God sincerely every day in mental prayer?

Do I realize frequently that I am in God's presence?

Have I tried to say some aspirations to God daily?

Do I give my first and last thought to God each day?

Do I strive to make the Holy Sacrifice of the Mass the center of my interior life?

Have I prayed the Rosary and other vocal prayers slowly and with attention?

Have I hurried over the general examination of conscience?

Have I gone against my own preference at times each day, offering this mortification to our Lord?

Have I prayed for my family each day?

Have I prayed with my family each day?

Have I borne well the contradictions of the day?

Do I have an upright intention, doing all for the glory of God?

Have I taken care to live charity with my family, co-workers and friends?

Am I asking God to help make specific some resolution from this recollection and to put it into effect?