

Examination of Conscience

An act of the presence of God.

1. Have I tried to speak to God sincerely every day in mental prayer?
2. Do I realize frequently that I am in God's presence?
3. Have I tried to say some aspirations to God daily?
4. Do I give my first and last thought to God each day?
5. Do I strive to make the Holy Sacrifice of the Mass the center of my interior life?
6. Have I prayed the Rosary and other vocal prayers slowly and with attention?
7. Have I hurried over the general examination of conscience?
8. Have I gone against my own preference at times each day, offering this mortification to our Lord?
9. Have I prayed for my family each day?
10. Have I prayed with my family each day?
11. Have I born well the contradictions of the day?
12. Do I have an upright intention, doing all for the glory of God?
13. Have I taken care to live charity with my family, co-workers and friends?
14. Am I asking God to help make specific some resolution from this recollection and to put it into effect?