Examination of Conscience
(Based on the Beatitudes)

_Blessed_ are the poor in spirit, God is with them always. Do I put God first in my life, praying in gratitude during good times and for help in bad times? Do others trust me to follow through with things I promise to do?

_Blessed_ are those who are sad, for they will be comforted. Have I reached out to those who are sad, suffering or grieving? Do I visit sick, lonely or elderly members of my family and community? Do I share what I have with those in need? Have I given my time and talent to my parish?

_Blessed_ are the meek and gentle, for they receive what God has promised. Do I sometimes want people to pay attention only to me? Do I express gratitude when others help me?

_Blessed_ are those who hunger and thirst for righteousness, for they will be satisfied. Do I seek justice for others, especially for the poor and weak? Am I envious of what other people have? Are family and friends more important to me than material possessions? Have I been a good steward of the resources of the earth?

_Blessed_ are the merciful for they will be shown mercy. Do I ask forgiveness of those I have offended? Have I made a sincere effort to forgive those who have hurt me? Am I willing to give others the benefit of the doubt? Do I judge people quickly and harshly?

_Blessed_ are the pure of heart, for they will see God. Is loving God and others important to me? Am I always as loving as I can be? Do I seek God in prayer, in the sacraments and in regular attendance at Mass?

_Blessed_ are the peacemakers, for they will be called children of God. Do I contribute to conflict by harsh criticism, bitterness or gossip? Am I willing to make peace with people who want to make peace with me? Do I ever take the first step in making peace with someone?

_Blessed_ are those who do what is right, even when others treat them unfairly. The kingdom of God belongs to them. Do I “go along with the crowd” because I fear the consequences of standing up for the truth? When choosing what to say or do, do I always say or do what I know is right?

**Prayer of Contrition:** My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen.

“**The joy of God is the joy of forgiveness.**” – Pope Francis