

# AN EXAMINATION OF CONSCIENCE

## BASED ON THE SPIRITUAL AND CORPORAL ACTS OF MERCY

### I. ADMONISH THE SINNER

- Parents: How do I admonish my children? Do I lose my temper and speak too harshly?
- Children: How do I admonish my parents? Am I respectful, kind, and a good listener?
- Do I judge others who sin and do nothing to help them?
- Do I brush off others who need help and only stay close to those who “love God”?

### II. INSTRUCT THE IGNORANT

- How do I treat others who I think are ignorant?
- Do I speak down to people I believe are below my “faith level” or those of other faith practices?
- When God opens a door to share my faith, do I lean into the opportunity for conversation or turn away?
- Do I judge the ignorant and hold them to my own standards?

### III. COUNSEL THE DOUBTFUL

- Do I speak more than I listen when speaking to or counseling others?
- Do I speak down to others and only speak from a superior point of view?
- Am I willing to take time out of my busy life to be present with others and counsel them in their time of need?
- Am I capable of being a true friend?
- Am I prideful of who I am and my blessings from God?

### IV. COMFORT THE SORROWFUL

- How do I comfort others? Am I empathetic and supportive?
- Is my schedule so full that I am unable to make time for others?
- How do I process loss? Do I find comfort in God? Am I able to comfort others experiencing loss?

### V. BEAR WRONGS PATIENTLY

- Do I bear my crosses without complaint?
- Do I overly focus on the wrongs that have been done to me? Do I give them too much time and attention?
- Am I patient with God, my family and others?
- Do I slow down enough to see how God is working in my life or do I only recognize the things that aren’t going right?

### VI. FORGIVE ALL INJURIES

- Do I forgive others when they ask for forgiveness?
- Do I forgive others who have hurt me and not asked for forgiveness?
- Do I hold grudges? Do I forgive with stipulations (forgive but never forget)?
- Do I keep a running list of offenses that others have committed against me, my family or friends?

### VII. PRAY FOR THE LIVING AND THE DEAD

- Do I believe that my prayers have value?
- Do I take time to think of and pray for those who have gone before me?
- Do I remember to pray for those who have asked for my prayers?

## **VIII. FEED THE HUNGRY**

- Am I aware of my privilege? Do I pray for those who are experiencing famine and poverty?
- Do I make an effort to serve the hungry, poor and marginalized in my own community?
- Do I feed others spiritually through hope, love and kindness?
- Do I complain about food? Am I wasteful of food ? Do I eat in excess?

## **IX. GIVE DRINK TO THE THIRSTY**

- Do I complain about having to serve others? Do I have a negative attitude or act irritated when it comes to offering others their basic needs?
- Do I pray for those who lack clean water? Do I support efforts around the world for clean drinking water?
- Am I mindful of the water I use or am I wasteful? Do I take the resources available to me for granted?

## **X. CLOTHE THE NAKED**

- Do I allow clothing styles to be an external block in reaching out to or connecting with others?
- Do I need brand name clothing or other material objects to be happy? Do I appreciate my own wardrobe?
- Am I charitable to others when I no longer need my clothes? Do I offer my clothes to others in need?
- Parents: Am I educating my children to appreciate and care for their clothing? Do I emphasize the importance of modesty? Children: Do I take care of my clothes? Do I let my parents know when things no longer fit or feel uncomfortable?

## **XI. SHELTER THE HOMELESS**

- What is my attitude toward those experiencing homelessness? Am I mindful of their dignity or do I criticize them in my words and judgements?
- Do I pray for those who are suffering? Do I offer them relief in any way?
- Do I make time to help those who I know are unemployed or suffering financial loss?

## **XII. VISIT THE SICK**

- How do I respond to others who have told me they are sick?
- Do I take time to pray for the sick and visit them when I can?
- How do I treat my family members who are sick? Do I serve them with patience, understanding and love?

## **XIII. VISIT THE IMPRISONED**

- Do I reach out to persons who are imprisoned in their homes due to illness or aging?
- Am I compassionate and understanding toward those who are experiencing mental and physical disorders which prevent them from leaving the home?
- Do I pray for the incarcerated, their families, and the families of their victims?
- Am I empathetic and compassionate toward those who have made poor decisions in their lives?

## **XIV. BURY THE DEAD**

- Do I pray for the souls of the faithfully departed?
- Do I pray for others who have lost love ones?
- Do I help the grieving by listening more than I speak? Do I make time to to know and, if I can, take care of their basic needs?