

## Nightly Examination of Conscience

- When have I disobeyed God and His Church?
- When have I disobeyed those in authority?
- What possessions or things have control over my life and enslave me?
- When have I unnecessarily failed to avoid persons, things, or situations that tend to encourage me to sin?
- Am I anxious, distressed, frustrated, angry, or overwhelmed because of over commitment and misplaced priorities?
- Have I shown malice rather than mercy?
- Have I been lustful rather than chaste?
- Have I been selfish or greedy rather than generous and charitable?
- Firm purpose of amendment in preparation for renewal this Pentecost:
  1. What I must do to be more humble?
  2. What I must do to cultivate greater simplicity?
  3. What I must do to cultivate and maintain purity of heart?
- **Knowledge**—Do I remain aware of God’s presence and activity in each moment?
- **Understanding**—Did I connect all my words and deeds with the Gospel and Church teachings and meditate upon them?
- **Counsel**—Did I work to grasp what to choose and decide based on what I know and understand about God in holy communion with Him and His Church?
- **Fear of the Lord**—Did I respectfully choose what keeps me united to God, and both dread and avoid decisions that would separate me from Him and His Church?

- **Piety**—Did I show a childlike affection for God consistently?
- **Fortitude**—By the strength given me by grace and the Holy Spirit, did I overcome my fears and fulfill my responsibilities to God and to neighbor?
- **Wisdom**—Were my words and deeds, my mind and heart, united, and did I see with the eyes of my heart how God was present in the events of my day? Did I call on my guardian angel by praying the prayer “Angel of God?” Did I 1) allow this angel to guide me throughout the day and 2) invite him into each of my activities?
- When I was tempted, and did I pray the “Saint Michael Prayer” for him to protect me and to assist me in the battle or trial?
- Did I acknowledge the presence of angels and give them thanks for their work in creation and in their assistance to all humans?
- Did I ask for my guardian angel to be present in difficult relationships and to work with the guardian angels of others people to improve my relationships with them?
- Have I imitated Saint Joseph in cherishing, adoring, and protecting Christ, Who is still with us in the Most Blessed Sacrament?
- Did I imitate Saint Joseph in venerating Mary, loving her and defending her from any indifference or attacks?
- Did I imitate Saint Joseph in cultivating a heart so pure that even my dreams are holy visions?
- Did I imitate Saint Joseph in practicing silence and vigilance, always seeking God’s will while serving others, promptly and without complaining or bragging?

- When the Holy Spirit sees my soul, what does He see that is beautiful by grace, and what does He see that is ugly because of sin? What must I do to make my soul more radiant?
- Do I see my life as generally radiant and beautiful or as generally dark and ugly? Do I work to make my life and those around radiant and beautiful?
- Consider each good deed you have done today with the right intention and in the proper circumstances that you believe would withstand the scrutiny of the Holy Spirit of Truth.
- Consider each wicked deed you have done today in selfish disobedience, considering the good (true or apparent), the intention, and the circumstances.
- Ask the Holy Spirit strengthen in your soul the gifts of knowledge, understanding, wisdom, and counsel to help you always desire true goods with right intentions in the proper circumstances.
- Consider each good deed you have done today with the right intention and in the proper circumstances, that you believe would withstand the scrutiny of the Holy Spirit of Truth.
- Consider each wicked deed you have done today in selfish disobedience, considering the good (true or apparent), the intention, and the circumstances.
- Ask the Holy Spirit strengthen in your soul the gifts of knowledge, understanding, wisdom, and counsel to help you always desire true goods with right intentions in the proper circumstances.
- Am I careful to ensure that I know and love God well enough to clearly understand what is sinful and what is holy, to know what harms and deadens my soul, and what heals and enlivens my soul?
- Do I examine my conscience each day and make a sincere Act of Contrition? Do I have access to a copy of an Examination of Conscience appropriate for my age and for use when necessary?

- Have I made a firm commitment to remain in a state of grace by confessing mortal sins as soon as possible and before receiving Holy Communion so that the life of the Holy Spirit may remain in me?
- Do I make sure that all my goals and desires are properly united to my ultimate goal to get to heaven?
- Have I behaved in a way that alienates others from God and from me or that invites them into communion with God and with me?
- Have I cultivated what is true, good, and beautiful this day, or instead raised up what is false, evil, and ugly?
- Did I remember to pray for the souls in Purgatory and to ask them for their prayers? Did I offer sacrifices today for the conversion of sinners and in reparation for sins committed against the Immaculate Heart of Mary?
- What are you doing throughout the day? Are you praying enough?
- Did you pray reverently, sincerely, and long enough this day?
- Throughout the day, did you make sacrifices in reparation for your sins and those of others?
- Were you at peace with God, within yourself, and with others, and did you draw down to earth heavenly peace through your prayers and actions?

- Did I remain faithful to God and trust in His presence and promises?
- Did I adore God in prayer and offer Him every activity throughout the day?
- Did my thoughts, words, and actions throughout the day keep me advancing toward my true home in Heaven and encourage others to join me in this journey?

- Did I love and pray for my enemies and for those who offend God and my loved ones through ignorance, weakness, or malice?
- Did I practice devotion to the Sacred Heart of Jesus?
- What “crosses” did God offer me this day? Did I not only accept but also even embrace them to console Christ’s Sacred Heart?
- Did my heart burn with the fire of Christ’s Sacred Heart in love for God and for neighbor? What did I allow to snuff out this fire?
- Did any “wounds” inflicted upon me today increase grace and mercy in me and pour forth to others, especially those who hurt me?
- Did I radiate Christ’s love to others through my thoughts, words, and deeds?
- How have my thoughts, words, and deeds shown God, my neighbor, and myself that the Eucharist is truly the source, summit, and center of my life?
- How have I responded to the most recent Holy Mass I attended?
- Am I examining my conscience and confessing my sins?

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- Am I giving glory and thanks to God for His mercy?
- Am I reflecting on the Gospel message and living in accord with it?
- Am I recalling and proclaiming Christ's passion, death, and resurrection?

Am I living in communion with Christ and witnessing to this communion with Christ in my ordinary activities and current relationships?

- What am I doing to prepare carefully to participate with greater reverence and devotion in the next Holy Mass I will attend?
- Did I offer each part of my day to God through the Eucharist as a spiritual sacrifice pleasing to our Father?
- Have I worked to equip myself as a prophet in Christ and have I proclaimed Him in my words and deeds throughout the day?
- Have I permitted Christ the King to conquer sin in me and have I worked to bring holiness and morality into all my relationships and activities?

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- When I arose this morning, was I aware of God and did I sincerely offer my day to Him? Did I entrust my greatest joys and fears to Him, inviting Him to join me in what I find enjoyable and to help me in what I find difficult or even dreadful?
- Did I practice being aware of the Presence of God in each activity of the day? In what places and during what activities do I tend to ignore Him or to fear that He is not available?
- When I fell in weakness or sin during the day, did I turn to God in my mind and heart, tell Him I was sorry, and rededicate myself to following Him and to remaining aware of His presence and assistance?
- What must I ask of God to help me do better tomorrow?
- Did I approach the Word of God with the Fire of the Holy Spirit in my heart to experience REVELATION as an expression of God's love?  
Did I see God's CREATION, though fallen and groaning for restoration, with a sense of wonder and gratitude to keep alive the Holy Spirit of Love within my heart?
- Have I cooperated with God's Word and the inspirations of the Holy Spirit to allow grace to increase in me and to make me more like God in thought, word, and deed?
- Did I permit the Holy Spirit to make my work today radiant and fruitful?



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### **The Memory:**

- Do I form my memory with what is true and beautiful, both by words and by images?
- Do I ask the Lord to heal my memory, to drive forth from it what is unholy, to imbue it with what is holy, and to direct it under the power of the Holy Spirit?

### **The Intellect:**

- Do I use right reason and deepen my understanding of natural truths through the light of revelation and the proper formation of my conscience?
- Do I lose perspective because of thoughts shaped and clouded by emotional wounds and traumatic memories?
- Do I work hard to strengthen my intellect both naturally (study/reading) and supernaturally (meditation, frequent sacramental participation, study of doctrine, reading spiritual works by saints or trustworthy writers)?

### **The Will:**

Do I fulfill my responsibilities faithfully in my station in life, particularly in my vocation and profession?

- Do I heed my formed conscience and the inspirations of the Holy Spirit with prompt loving obedience, trust, and thanksgiving?



## **Examination of conscience based on the Seven Gifts of the Holy Spirit:**

- **WISDOM:** Did I make decisions based on carrying my Cross and on remaining a dwelling place for God Who has prepared a dwelling place for me in heaven?
- **UNDERSTANDING:** Did I not only say my prayers but also seek to understand them more?
- **COUNSEL:** Did I deliberately carry out good actions and consistently intend good actions rather than evil ones?
- **FORTITUDE:** Did I begin and follow through with the good and difficult responsibilities of my day?
- **KNOWLEDGE:** Did I seek through prayer, study, and good actions to know and love God today?
- **PIETY:** Did I show respect and reverence to God and to His Presence in others, especially to my parents and teachers? Am I sure to pray each day and to attend Mass on Sundays and Holy Days of Obligation?
- **FEAR OF THE LORD:** Did I experience a sense of wonder about God, desiring to draw closer to Him and fearing doing anything that might separate me from Him?

## **Examination of conscience based on the Holy Family:**

- **The silence of Joseph:** Did I listen at least twice as much as speaking today? Did I master my emotions and speak with proper thoughtfulness and charity? Did I remain peaceful in my heart today?

- **The Immaculate Heart of Mary:** Did I gaze upon others with a pure heart and direct my thoughts and eyes to what is pure and beautiful? Did my soul magnify the Lord in love and holiness, or did I darken my soul with malice and sin?
- **The Sacred Heart of Jesus:** Did I give myself to others in loving service or take from others and use others for my selfinterest? Did I put what I want or what other people want first, or did I put what God the Father wants first?

### **Examination of conscience based on the Fatima Message:**

- Have I prayed the rosary today?
- Did I accept all the suffering sent with God's permission to me this day, offering it in reparation for my sins and for the sins of others, especially those most in need of this help?
- Did God's light remain in me, and did I share this light with others?
- In the light of God's truth and Love, and distinguishing between mortal and venial sin, did I advance this day toward Heaven, Purgatory, or Hell?