

## Examination of Conscience Based on the Beatitudes

### Being Poor in Spirit

- Do I take care of the goods I own?
- Do I contribute to my church?
- Do I always purchase whatever I want, whether I need it or not?
- Do I have more possessions than I need?
- Do I share with those in need?

### Seeking Holiness

- Do I strive to do God's will?
- Do I look for spiritual direction when I need it?
- Do I read and listen to Sacred Scripture to learn how to imitate Christ?
- Do I go to confession and receive Holy Communion regularly?
- Do I seek to imitate Christ's life and actions?
- Do I devote specific time to prayer and learning my faith better?

### Comforting Those Who Mourn

- Do I pray for those who are suffering?
- Do I comfort those obviously in pain?
- Do I accept suffering willingly?
- Do I offer my suffering so as to make up for sin?

### Meekness

- Do I accept correction with a smile?
- Do I brag about my accomplishments?
- Do I correct others with gentleness?
- Do I seek the best place for myself?
- When things go wrong do I get upset or angry?

## **Purity of Heart**

- Do I strive to live according to the teachings of the Church? Do I do so with love or grudgingly?
- Do I turn to Christ and the Blessed Virgin Mary in prayer when I am tempted?
- Do I seek advice in confession regarding the virtue of purity?
- Do I ask the assistance of my guardian angel when I am tempted?
- Do I avoid the influence of those who think and act in an impure way?
- Do I avoid places where I may be tempted against purity?
- Do I know the truths of the Church?
- Do I strive to understand these truths and accept them completely?

## **Being Merciful**

- Do I ask for the grace to forgive others easily?
- Do I have compassion for those who suffer?
- Do I keep in mind the many times Christ has shown mercy to me?
- Do I try to avoid grudges against those who offend me?
- Do I try to forget the offences of others as quickly as I wish my offences to be forgotten?

## **Being a Peacemaker**

- Do I accept that others have opinions contrary to mine?
- Do I seek to win in every discussion?
- Do I see others as adversaries?
- Do I disagree without being disagreeable?
- Do I ask the Holy Spirit for assistance in seeking the truth?

## **Being Willing to Suffer Persecution**

- Do I pray daily for those Christians suffering persecution?
- Do I encourage others to stand up for what is right?
- Do I support my friends who do stand up for what is right?
- Do I offer my suffering for those who persecute me?

- Do I turn to Christ and ask for his help when tempted to go along with the crowd?