

Examination of Conscience, the Beatitudes

The beatitudes are the blueprint of being a disciple of Jesus. Our examination of conscience aims to highlight where we have failed to live out our call of being a disciple to the fullest.

Blessed are the poor in spirit - a disciple who is poor in spirit places the love of God and God's calling for them as the most important part of their life.

- Have I failed to trust in God and tried to achieve things on my own merits?
- Have I prayed daily and read the scriptures?
- Have I purposefully missed Mass on Sundays and Holy Days of Obligation?
- Have I trusted in horoscopes, tarot cards, fortune telling or the occult?
- Have I used the Lord's name in vain or not shown proper reverence to sacred things?
- Have I caused others to doubt their faith?
- If I have children have I lived out my duty to encourage and educate them in the faith?
- Have I placed anything ahead of God in my life?

Blessed are the gentle - a disciple is called to place themselves as the least and raise others up.

- Have I allowed pride to grow and presented myself as more important than others?
- Have I begrudged any blessings that others have received?
- Have I shown true interest to those who have sought my advice?
- Have I been patient and considerate to others?
- Have I celebrated the achievements of others or belittled them?
- Have I told lies or exaggerated situations to feed my ego?

Blessed are those who mourn - Jesus mourned not only for those who he loved but for those who were lost to sin. As a disciple we are called to reach the lost, the lonely and the least.

- Have I remembered to pray for the dead and the souls in purgatory?
- Have I completed the penance from my last confession?
- Am I truly contrite for my sins?
- Am I moved by the tragedy and suffering in the world or remain passive?
- Have I prayed for those who are in need of my prayers?
- Have I shared my faith with others?

Blessed are those who hunger and thirst for what is right - Jesus called his disciples the light of the world and the salt of the earth. As disciples we are called to help build the kingdom on earth.

- Have I stolen or not returned anything I have borrowed?
- Have I justly treated others as I would like to be treated?
- Have I supported the work of charities?
- Have I been generous with my time and money?
- Have I worked for a more just world?
- Have I responded when someone has needed my help?
- Have I treated people unjustly because of their race, culture, ability, sex or age?
- Have I given witness to the love of God by how I have treated others by my words or actions?

Blessed are the merciful - mercy is the balm of Christianity and central to the nature of our God and the identity of being a disciple.

- Have I shown honour, love and care to my parents?
- Have I taken care of my children?
- Have I sought forgiveness for my sins against others?
- Have I forgiven those who have wronged me or harboured resentment?
- Have I shown love and devotion to my spouse and prayed for them daily?
- Have I been mindful of the needs of others?

Blessed are the pure in heart - the heart of God is pure from any selfishness or desire to use others for His own gain. The call to holiness of a disciple is to allow their heart to be transformed the same.

- Have I desired the life of others, feeling they do not deserve it or failed to show gratitude for the many gifts God has given me?
- Have I covertly the relationship of someone else's spouse, caused friction or undermined the marriage of another?

- Have I showed my spouse the respect and honour they deserve as a Child of God or have I taken them for granted or abused them?
- Have I indulged in lustful fantasies, desires or thoughts?
- Have I engaged with pornographic images or material?
- Have I performed lustful acts on my own or with another?
- Have I acted in an unchaste way, not appropriate for my material state?
- Have I committed adultery?

Blessed are the peacemakers - Jesus is the Prince of Peace and his gift to his disciples is a peace no one else can give. It is our duty as disciples to share this in the world.

- Have I spread lies or gossip about others, even if I thought it was true?
- Have I caused division amongst others or disagreements to escalate?
- Have I prayed for peace in the world and an end to conflict?
- Have I hurt anyone either physically or emotionally?
- Have I stood by while others have been abused or mistreated?

Blessed are those who are persecuted in the cause of right - on the night before his passion Our Lord told his disciples that they too will be hated and rejected. As his disciples today, we should not be surprised by the same treatment

- Have I failed to defend my faith or joined in with others who deride the Christ and his Church?
- Have I been more worried about people's opinion of me or standing by the truth?
- Have I worked honestly and fairly, not mistreating others, being lazy or taken things I shouldn't have from work?
- Have I approached my work with love and enthusiasm or have wasted the opportunities that have been given to me?
- Have I followed the crowd or given into peer pressure rather than standing by what I believe to be true?
- Have I gone out of my way to do right and help others, especially those who are rejected by society?