

# Examination of Conscience

## Based on the Beatitudes

**1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.**

*Do I live a spirit of detachment and generosity?*

*Do I sacrifice for others?*

**2. Blessed are they who mourn, for they will be comforted.**

*Do I console and help those who mourn and suffer?*

*Do I show compassion?*

**3. Blessed are the meek, for they will inherit the land.**

*Am I authentically humble and self-giving?*

*Have I been egotistical or boastful?*

**4. Blessed are they who hunger and thirst for holiness, for they will be satisfied.**

*Am I passionate for the things of God?*

*Do I work for the triumph of love, peace and justice?*

**5. Blessed are the merciful, for they will be shown mercy.**

*Am I forgiving and merciful?*

*Do I give others the benefit of the doubt?*

*Am I harsh or judgmental?*

**6. Blessed are the pure of heart, for they will see God.**

*Am I single-minded in the practice of my faith?*

*Have I allowed a particular sin or vice to distract me from God?*

**7. Blessed are the peacemakers, for they will be called children of God.**

*Am I a person of reconciliation, peace and mercy?*

*Do I hold grudges or seek revenge?*

**8. Blessed are they who are persecuted, for theirs is the kingdom of heaven.**

*Do I suffer well?*

*Am I willing to sacrifice anything for my faith?*

*Do I allow human respect to keep me from being a Christian witness?*