



## **EXAMINATION OF CONSCIENCE BASED ON THE BEATITUDES**

Taken from the brochure: *Personal Encounter with Jesus Christ: The Sacrament of Reconciliation* by the Rosary Evangelization Apostolate

**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?*

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

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

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

*Am I authentically humble and self-giving? Have I been egotistical or boastful?*

***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?*

**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 judgemental?*

**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?*

**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?*

***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?*

*ACT OF CONTRITION*

O my God,  
I am heartily sorry for having offended Thee,  
and I detest all my sins  
because of thy just punishments,  
but most of all because they offend Thee,  
my God, who art all good  
and deserving of all my love.  
I firmly resolve  
with the help of Thy grace  
to sin no more  
and to avoid the near occasion of sin. Amen.