



An Examination of Conscience based on the Beatitudes

Meditation

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Examination

Blessed are the poor in spirit: for theirs is the kingdom of heaven.

- In what ways have I used my life and resources in recognition that all is from God?
- Do I share the goods of the earth with others?
- Have I been possessive, selfish, self-satisfied, self-righteous, self-seeking, power-hungry, or an idolator of my own opinions? How?

Blessed are those who mourn: for they shall be comforted.

- Do I lament over the sin and suffering of the world, in the Church and state, family and society?
- Do I have compassion on others without judgment or condemnation?
- Are there ways in which I have not given proper space for grief, either by refusing to give up attachments or by moving on too quickly?

Blessed are the meek: for they shall inherit the earth.

- In what ways have I resorted to domineering authority or coercion to get my own way in my relationships?
- Have I truly blessed those who curse me, prayed for those who abuse me, done good to those who hate me, served those who misuse me, and spoken to those who shun me?
- Do I believe in the method of the meekness of Christ as the only way for genuine achievement?

Blessed are those who hunger and thirst after righteousness: for they shall be filled.

- Do I hunger and thirst for God? Do I desire to be righteous?
- Do I pray? Do I fast? Do I read the Holy Scriptures and other spiritually profitable works? Do I do any spiritual exercises which train me in goodness?
- Have I been faithful in attendance at and to the services of the church and the sacraments?

Blessed are the merciful: for they shall obtain mercy.

- Do I show mercy and forgiveness to others? Or have I preferred legalism over grace?
- Do I try to understand those who are different? Or have I written people off?
- Do I talk about others? Have I gossiped? Have I said things that can bear no good fruit?

Blessed are the pure in heart: for they shall see God.

- Am I 'stained' by rationalizations, prejudices, hidden motives, or impulses contrary to God?
- Do I live with a singleness of purpose and total integrity in everything?
- Am I caught by something that has more control over me than I have over it?

Blessed are the peacemakers: for they shall be called the children of God.

- Do I love and make peace at home, at work, at church, in society, and the whole world?
- Have I been angry and impatient?
- Do I believe in turning the other cheek? Have I actually done it?
- Do I seek inner peace and quiet which is the basic condition for peace in the world?

Blessed are those who are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

Blessed are you when people revile you, persecute you, and shall say all manner of evil against you falsely for my sake.

- Am I ready to give my life, without vengeance, for what is true?
- Have I done something bad, or abstained from something good to avoid criticism from others?
- Have I fled responsibility?

Rejoice and be exceedingly glad: for great is your reward in heaven: for in the same way they persecuted the the prophets before you.

- Is my joy and gladness in God? Or Is it In this world's passions, possessions, and praise?
- Am I mean and grouchy or jealous and moody or despairing and without hope?
- Do I complain and spread darkness and irritation to others?