



An Examination of Conscience based on the Fruits of the Spirit

Meditation

My brothers and sisters, you were called to freedom; only do not use your freedom as an opportunity for self-indulgence, but through love become like servants to one another. For the whole law is summed up in a single commandment, “You will love your neighbor as yourself.” If, however, you bite and devour one another, take care that you are not consumed by one another. Live by the Spirit, I say.

Examination

Now the works of the flesh are clear: sexual immorality, impurity, unrestraint, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, and carousing.

- Have I treated others as means to an end or sought after pleasure for its own sake?
- Have my intentions been disconnected from who I am in Christ?
- Have I misused my freedom in Christ?
- Have I valued created things more than their Creator?
- Have I tried to get my way through manipulation?
- Have I used bad means to reach good ends?
- Have I engaged in pointless argumentation or been a source of division instead of unity?
- Have I perpetuated war instead of making peace?
- Have I grasped too tightly on to the people and things I care about?
- Have I focused on what others have instead of my own blessings?
- Have I lacked self-control and self-restraint in what I consume?

By contrast, the fruits of the Spirit are: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. If we live by the Spirit, let us also be guided by the Spirit.

- Have I loved the Lord my God with all my heart and with all my mind and with all my strength?
- Have I loved my neighbour as myself?
- Have I manifested and luxuriated in the joy of the Good News?
- Have I cultivated peace in my heart and in the world around me?
- Have I waited patiently on the Lord, forgiving reality for being exactly as it is right now?
- Have I acted with kindness and generosity towards my brothers and sisters?
- Have I trusted in God's providence? Have I lived as though his grace is sufficient for me?
- Have I been gentle towards others? Have I been gentle to myself?
- Have I tread gently upon the earth?
- Have I acted with self-control?