

A BRIEF EXAMINATION OF CONSCIENCE FOR THE ALMOST VIRTUOUS

PIETY

Do I love God above all things?

Have I failed to orient my life and activities toward God, Who is my Creator and Redeemer?

Have I neglected my prayer life?

Have I failed to make an act of penance or perform a work of mercy on Fridays?

Have I done unnecessary physical work on Sundays?

Have I shown lack of reverence to holy objects or even to the Blessed Sacrament?

OBEDIENCE

Have I failed to show my parents due honor and respect?

Have I made it difficult for my children to respect their father or mother?

Have I failed to accept the discipline or teachings of the Holy Catholic Church?

FAITH

Have I failed to study and learn the Word of God?

Have I failed to educate myself in the Catholic Faith according to my capacities?

Have I failed to defend the Faith against detractors?

CHARITY

Have I harbored hatred or held a grudge?

Have I been indifferent to the needs of the poor?

Have I neglected the care of the infirm, the elderly or the handicapped who are in my charge?

CHASTITY

Have I failed to be chaste according to my state in life?

Have I been impure in conversation, thought or deed?

JUSTICE

Have I been envious or jealous of another's fortune?

Have I unlawfully copied software, videos or music?

Have I failed to put in a full day's work for a full day's pay?

Have I failed to make my just contribution to Church?

Have I injured anyone else's reputation unnecessarily?

Have I lied or hidden the truth?

Have I refused to forgive someone?

Am I bigoted or prejudiced?

Have I been physically or verbally abusive?