



Examination of Conscience based on the Scriptures of Lent

Diocese of Madison • Lent 2005

The examination may be read silently as you prepare for your confession.

Jesus said to the woman at the well:

**“Everyone who drinks this water will be thirsty again;
but whoever drinks that water I shall give will never thirst;
the water I shall give will become in him
a spring of water welling up to eternal life.”**

—The Gospel according to John, chapter 4

- ❖ Do I live out my baptismal calling to be a priest, prophet, and king in the world?
- ❖ Do I accept my faith with joy?
- ❖ Do I accept challenges willingly, trusting that God will not give me more than I can handle?
- ❖ Do I pray regularly? Does my prayer express gratitude and praise, or is it just a list of things that I desire?
- ❖ Am I open to the guidance of the Holy Spirit, even when it leads places that I am afraid to go?
- ❖ Am I a faithful friend? Spouse? Father or mother? Son or daughter? Do I work to deepen my love of other family members? Do I show them how much I love them?

Jesus said to the man born blind:

**“I am the light of the world . . . I came into this world for judgment,
so that those who do not see might see,
and those who do see might become blind.”**

—The Gospel according to John, chapter 9

- ❖ Do I look for opportunities to share the Good News of Christ in my daily life, especially with my family in friends?
- ❖ Do I look for good in others, or am I quick to find fault? Do I rejoice in the success of others?

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- ❖ Do I love all people freely? Do I work to overcome my own prejudices, and encourage others to do the same?
- ❖ Do I respect the reputations and property of others? Do I treat others fairly, the way that I would like to be treated?
- ❖ Am I honest and just in business dealings? Do I keep my word?
- ❖ Do I actively promote the respect of all human life, from conception to natural death?
- ❖ Do I actively promote the rights of those rejected by society, especially the poor and the lonely?
- ❖ Do I use my time, talent, and treasure for the good of others, especially those in need?
- ❖ Do I truly forgive others, and work to reconcile relationships that have been wounded?
- ❖ Am I willing to give up hate, and pray for my enemies, especially those who seem to make my life more difficult?
- ❖ Do I use my free time constructively? Do I use it to strengthen relationships with God and others? Do I use it to build God’s kingdom on earth?

Jesus said to Martha, before he raised Lazarus from the dead:

**“I am the resurrection and the life;
whoever believes in me, even if he dies, will live,
and everyone who lives and believes in me will never die.”**

—The Gospel according to John, chapter 11

- ❖ Am I confident in my faith in God?
- ❖ Do I pray for others?
- ❖ Do I regularly practice the corporal and spiritual works of mercy?
- ❖ Do I regularly participate in Sunday (or Saturday evening) Mass? Do I do so willingly, or only out of a sense of obligation?
- ❖ Do I keep Sunday as a day to rejuvenate my faith life and my family life?
- ❖ Does my language offend others? Do I use the Lord’s name in vain? Do I lie to others?