

An Examination of Conscience with the Beatitudes

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

- Am I humble enough to acknowledge my total dependence on God?
- Am I able to admit to others that I don't have all the answers? Can I admit mistakes without blaming others?

“Blessed are they who mourn, for they will be comforted.”

- What has been my attitude towards situations which caused me grief and sorrow?
- Have I accepted them and learned from them?
- Have I been able to say: “I am sorry” and really mean it?
- Do I have an “I don't care attitude” about the evils in society?



“Blessed are the meek, for they will inherit the land.”

- Am I humble enough to handle conflicts and insults without an “ego crisis”?
- Am I able to affirm others rather than criticize them?
- Do I respect the worth of others?
- Am I a good listener?

“Blessed are they who hunger and thirst for righteousness, for they will be satisfied.”

- What is the primary focus of my life?
- Do I seek for acceptance, success and material possessions?
- Do I really want to seek and find a relationship with God?
- Do I listen with attention and devotion to the Word of God proclaimed?
- Am I hungry for Eucharist?

“Blessed are the merciful, for they will be shown mercy.”

- Am I sensitive to others' needs? Do the needs of others come before my own?
- Do I give of myself without thinking of what I will receive in return?
- Am I a caring, compassionate, merciful person in my dealings with others?

“Blessed are the clean of heart, for they will see God.”

- Am I a person of integrity and sincerity? Am I honest about my own faults and failings?
- Do I treat others with respect and love? Have I ever used anyone as an object for my own pleasure?

“Blessed are the peacemakers, for they will be called the children of God.”

- Do I return evil for evil?
- Am I a person who bridges differences between people of other races, nationalities and religions?
- Do I accept genuinely and sincerely those who do not agree with me?
- Am I at peace with myself, with my family, friends, and those with whom I live and work?

“Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Rejoice and be glad, for your reward will be great in heaven.”

- Do I examine myself and my conduct in light of the Gospel call to be a disciple?
- Am I able to suffer in silence or am I always complaining about something?
- Do I uphold the teachings of the Church to the best of my ability when they are attacked?
- Do I follow my conscience or acquiesce to peer pressure?