

COMMON EXAMINATION OF CONSCIENCE

An easy method for the Examination of Conscience is just reflecting on the “I Confess”

Taken from the book “You Can Pray” of P. Ribes, s.j.

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Note:

- ✓ *The frequent or even the daily Examination Conscience is a very gainful and practical method of prayer.*
- ✓ *The frequent checking of one’s relationship with God – this is what the examination of conscience is all about – helps us to keep on the right track and to make up for our daily failures and sins.*
- ✓ *You can make your examination of conscience at any convenient time, - ideally at Night Prayers before retiring.*

Procedure

- Quiet down. Relax.
- Place yourself in the presence of .God.
- Ask for the assistance of the Holy Spirit that you may see yourself as you really are.
- Then, reflect and on the four parts of the prayer of the “**I Confess**” namely:
 - a) Owning up your sinfulness to God and to others.
 - b) Checking your sins of Commission: Thoughts, Words and Deeds.
 - c) Checking on your sins of Omission.
 - d) Begging the help of God, Mother Mary and all the angels and saints

A) Owning up Your Sinfulness

I Confess To Almighty God and to You my Brothers and Sisters that I have sinned through my own fault,

- In all honesty and sincerity acknowledge, own up, and accept the fact that you are a sinner, that, on and off, through your own fault, knowingly and willfully you have sinned against **God**, against **yourself** and against **your Brothers and Sisters**.
- Strive to stir up in your heart sincere and deep feelings of sorrow and repentance.

B) Chceking on our Sins of Commission.

in my thoughts,

- Remember the times when you entertained in your mind and heart godless, unkind, jealous, revengeful, dishonest, lustful, greedy, murderous, harmful, despairing, angry thoughts and feelings against God, against others and against yourself. .
- Honestly repent and say sorry to God your loving Father.
- Take time to reflect

and in my words,

- Remember the times when you uttered or indulged in godless, unkind, jealous, revengeful, dishonest, lustful, greedy, harmful, abusive, disparaging, impious, irreverent words and conversations against God, against others and against self.

- Honestly repent and say sorry to God your loving Father.
- Take time to reflect.
- What will you do about it in future?

in what I have done.

- Remember the times when actually, consciously and willfully, you have indulged in godless, unkind, jealous, revengeful, dishonest, lustful, greedy, harmful, sacrilegious, irreverent and shameful actions against God, others and self.
- Honestly repent and say sorry to God, your loving Father
- Take time to reflect.
- What will you do about it in future?

C) Your Sins of Omission.

and in what I have failed to do:

- Things you could or should have done in the honor and service of God and you did not do f.i. ; omitting prayers, missing Sunday Masses, not reading the word of God, not caring for Him, not telling others – specially your children – about God, etc.
- Things you could or should have done to others and you did not, do f.i. not sharing your goods and possessions with the needy, not visiting the sick, neglecting your parents and family members, not educating your children in a Christian way, not giving good example to others, not paying just wages to your servants and employees, not thanking, praising and encouraging those who needed it, etc...
- Things you could or should have towards self and you did not, f.i. not taking proper care of your health, not caring for you good name and reputation, neglecting your talents, not doing your duties at home or in your place of work or studies, giving in to sloth and laziness, etc.
- Honestly repent and say sorry to God your loving Father.
- Take time to reflect.
- What will you do about it in future?

D) Asking for Help

From those in Heaven: **And I ask blessed Mary, ever virgin, all the Angels and Saints,**

From all those on earth: **And you, my Brothers and Sisters, to pray for me to The Lord Our God.**

- Keep praying. Storm heaven and earth for help to improve yourself and lead a holy and godly life.
- Pray spontaneously, ask for what you need most: is it Courage, Faith, Hope, Love, Perseverance, True Repentance, Wisdom, Light, Understanding, Peace, or something else?
- Beg from Jesus, Mother Mary, and the saints of your devotion to intercede for you before your heavenly father.
- End by reciting “The Our Father” or the Memorare, or any prayer of you choice,