

EXAMINATION OF CONSCIENCE

On December 22, 2014 Pope Francis met with the behind-the-scenes Vatican employees. After thanking them for their dedication, he encouraged them to examine areas of their lives. The following words are adapted from his remarks.

“Care for your spiritual life, your relationship with God.”

- Am I a Christian who is not nourished by prayer and the sacraments?
- Do I study the Word of God?
- Do I give my family time, attention, and love?
- Do I care for their daily needs?

“Heal the wounds of the heart with the oil of forgiveness...”

- Have I forgiven others who have hurt me?
- Have I said “I’m sorry” to those whom I have hurt and have I tried to make amends?

“Watch how you speak...”

- Do I need to purify my everyday language from offensive words, vulgarities, and phrases used in the worldly decadence?
- Do I gossip about others or tell false truths? “Care for your work...”
- Do I work with enthusiasm and passion?
- Am I humble enough to thank the Lord for my accomplishments?
- Do I use my God-given skills and talents in the service of others?

“Avoid envy, lust, hatred, and negative feelings...”

- Are my thoughts and actions destructive toward my relationships, especially with those whom I love?
- Do my thoughts destroy my inner peace?
- Do I say insulting things when it would be better to remain silent?
- Do I surround myself with angry or destructive people?

“Reach out to those who need you... this is how you will be judged.”

- Do I assist the weak, the elderly, the sick?
- Do I stand up for foreigners or for those who are oppressed?
- Do I feed the hungry and shelter the homeless?

“Let go of...”

- “The bitterness that brings us to revenge”
- “The laziness that leads to existential euthanasia”
- “The finger-pointing that leads to pride”
- “The complaining that leads to despair”