

## **Safeguard Your Heart**

### **Examination of Conscience**

#### ***About God***

- Do I turn to God only in my need?
- Do I attend Mass on Sunday and holy days of obligation?
- Do I begin and end the day with prayer?
- Have I taken the name of God, the Blessed Virgin, or the saints in vain?
- Have I been ashamed to say that I am a Christian?
- What am I doing to grow spiritually? How do I grow spiritually? When?
- Do I resist God's will?
- Do I insist that he does things my way?

#### ***About my neighbour***

- Do I know how to forgive, to share, and to help my neighbour?
- Have I slandered, stolen from, or scorned the poor and defenceless?
- Am I envious, hot-tempered, or prejudiced?
- Do I care for the poor and the sick?
- Am I embarrassed by my brother's body or my sister's flesh?
- Am I honest and fair with everyone, or do I foster a "throw-away culture"?
- Have I led others to do evil?
- Do I observe the spousal and family morality taught in the Gospel?
- How do I fulfil my responsibility for my children's education?
- Do I honour and respect my parents?
- Have I rejected a newly conceived life?
- Have I extinguished the gift of life?
- Have I helped others to do that?
- Do I respect the environment?

#### ***About myself***

- Am I a believer who is somewhat worldly and only somewhat believing?
- Do I over-indulge in eating, drinking, smoking and being entertained?
- Am I overly concerned about my physical well-being and my possessions?
- How I do use my time?
- Am I lazy?
- Do I desire to be served?
- Do I love and safeguard purity in my heart, thoughts and deeds?
- Do I plot vengeance or harbour resentments?
- Am I gentle and humble? A peace-maker?

Lord, Jesus Christ,  
I acknowledge that I am a sinner.  
I am sorry for my sins.  
And I beg you to forgive me.  
Come into my heart.  
Take control of my life,  
be my Lord and Saviour.  
Fill me with your Holy Spirit  
and make me your disciple.  
I love you, Lord Jesus Christ,  
and I surrender my life to you forever.  
Amen.

#### ***Steps to Surrendering your Life***

Decide to love a life of joy!  
Be a living sacrifice.  
Meditate on John 15:9. Let it penetrate your whole being.  
Find a word that will bring your instantly into an awareness of God's presence.  
Dedicate yourself to the teaching of the Church, to being a loving member of the Church community, to being dedicated to the Eucharist, and being a person of prayer.  
Surrender everything to Jesus Christ!