

EXAMINATION OF CONSCIENCE

BASED ON POPE FRANCIS' REFLECTION ON THE BEATITUDES IN "GAUDETE ET EXSULTATE"

BLESSED ARE THE POOR IN SPIRIT, FOR THEIRS IS THE KINGDOM OF HEAVEN

"The Gospel invites us to peer into the depths of our heart, to see where we find our security in life... to configure ourselves to Jesus who, though rich, 'made Himself poor' (2 Cor 8:9)." (67,70)

Was I responsible with my gifts of time and money today? Did I overspend or overindulge?

BLESSED ARE THE MEEK, FOR THEY WILL INHERIT THE EARTH

"These are strong words in a world...where we constantly pigeonhole others on the basis of their ideas, their customs and even their way of speaking or dressing. Ultimately, it is the reign of pride and vanity, where each person thinks he or she has the right to dominate others." (71)

Did I seek to 'dominate' others today? Did I judge others unfairly?

BLESSED ARE THOSE WHO MOURN, FOR THEY WILL BE COMFORTED

"The worldly person ignores problems of sickness or sorrow in the family or all around him; he averts his gaze. The world has no desire to mourn; it would rather disregard painful situations, cover them up or hide them." (75)

Did I ignore someone who could have used my comfort today? Did I disregard the pain of another?

BLESSED ARE THOSE WHO HUNGER AND THIRST FOR RIGHTEOUSNESS, FOR THEY WILL BE FILLED

"Experience shows how easy it is to become mired in corruption, ensnared in the daily politics of quid pro quo, where everything becomes business. How many people suffer injustice, standing by powerlessly while others divvy up the good things of this life." (78)

How did I use my power or position today, either at work, in society, or in my family? Did I seek to benefit myself to the neglect or cost of others?

BLESSED ARE THE MERCIFUL, FOR THEY WILL RECEIVE MERCY

"Be merciful, even as your Father is merciful. Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven; give, and it will be given to you" (Luke 6:36-38)

Did I judge someone harshly today? Even if in a small way, did I seek revenge against someone who wronged me?

BLESSED ARE THE PURE IN HEART, FOR THEY WILL SEE GOD

Nothing stained by falsehood has any real worth in the Lord's eyes. He "flees from deceit, and rises and departs from foolish thoughts" (Wis 1:5) (84)

Acknowledging that thoughts themselves are not sinful, did I allow myself to dwell on thoughts that might lead me to sin? Did I dwell on lustful, angry, or prideful thoughts? Did they lead me to unloving actions?

BLESSED ARE THE PEACEMAKERS, FOR THEY WILL BE CALLED CHILDREN OF GOD

"We ourselves are often a cause of conflict or at least of misunderstanding. For example, I may hear something about someone and I go off and repeat it. I may even embellish it the second time around and keep spreading it... And the more harm it does, the more satisfaction I seem to derive from it." (87)

Did I spread gossip, cause conflict, or misunderstanding for my own pleasure or benefit?

BLESSED ARE THOSE WHO ARE PERSECUTED FOR RIGHTEOUSNESS' SAKE, FOR THEIRS IS THE KINGDOM OF HEAVEN

"In living the Gospel, we cannot expect that everything will be easy, for the thirst for power and worldly interests often stands in our way." (91)

Did I neglect my call to holiness in favor of an easier way of living? If others treated me unfairly, did I allow myself to become bitter or lash out in anger or defensiveness?