

An Examination of Conscience based on the Beatitudes.

Blessed are the poor in spirit.

Do I recognise that the world is God's - not mine? Do I express my thanks in my weekly worship? Does the world centre around me? Do I pray?

Blessed are the meek.

Do I recognise that every person is created by God and equally loved by him? Does my behaviour reflect this realisation? Do I resent criticism? Do I take out my impatience on those who are weak and least likely to fight back?

Blessed are they that mourn.

Do I recognise that every person is created as frail as myself and is as much in need of help and encouragement? Am I sensitive to the real needs of others? Do I realise the power of my words and actions to heal or to harm? Am I indifferent to the misfortune of others?

Blessed are they that hunger and thirst after justice.

Do I recognise that all creation is for the good of every person and equally to be enjoyed by all? Do I steal from others the goods or the good name which belongs to them? Do I care about justice in the world? Am I lazy?

Blessed are the merciful.

Do I recognise that I am myself in need of mercy? Do I ever see goodness in others? Do I make hasty judgements? Am I grateful for the forgiveness I receive from others? Am I a good steward of my time, talents and money?

Blessed are the clean of heart.

Do I recognise that the heart will only rest when it is centred on God? Do I use others or try to possess them for my own satisfaction? Do I abuse the gift of sex to satisfy my own ego?

Blessed are the peacemakers.

Do I recognise the source of peace, the dignity God has given me in making me one of his adopted children? Do I enjoy making trouble for others? Am I the kind of person who needs to be humoured? Am I a peacemaker?.

Blessed are they that suffer persecution for Justice' sake.

Do I recognise that it is in suffering that we enter most deeply into the mind of Christ? Am I prepared to stand up for what I believe? Am I prepared to make the sacrifices necessary to put my faith into action? Do I ever do penance to make up for the damage caused by my sins? Do I resent suffering so that it becomes a barrier between myself and God?

You are the salt of the earth.

Do I recognise my duty to bring Christ to the world, and to reveal his presence in the world?

You are the light of the world.

Do I recognise my responsibility as a Christian to share the life and mission of the Church? Do I hide my light away? Am I ashamed of Christ?

Do not imagine that I have come to abolish the law or the Prophets. I have come not to abolish but to complete them.

Do I recognise that love is the fulfillment of the law?