

Each individual should examine his/her life in the light of God's Word:

I. The Lord says: "You shall love the Lord your God with your whole heart."

Is my heart set on God so that I really love Him above all things and am faithful to His commandments? Am I more concerned with things of the world?

Is my faith in God firm and secure? Do I wholeheartedly accept the Church's teachings? Have I been careful to grow in my understanding of the faith, to hear His word and avoid dangers to faith? Am I willing to be known as a Christian in private and public life?

Have I prayed morning and evening? Do I turn to Him in time of temptation?

Have I love and reverence for God's Name? Have I offended Him in blasphemy, swearing falsely, or taking His Name in vain?

Do I keep Sundays and feast days holy by fully, actively, and consciously participating in the Mass? Have I fulfilled my Easter duty?

Are there false gods that I worship ~ money, superstition, spiritism, occult practices, etc. ~ by giving them greater attention and deeper trust than I give God?

II. The Lord says: "Love one another as I have loved you."

Have I a genuine love for my neighbors or do I use them for my own ends? Have I given scandal by my words or actions?

Do I contribute to the happiness and well-being of my family? Am I obedient to my parents? Do I respect and help them? Have I given a Christian upbringing to my children? Have I been faithful to my spouse in my heart and in relations with others?

In my work, am I just, hard working, and honest? Do I pay my employees a fair wage? Am I faithful to my promises and contracts?

Have I obeyed legitimate authority and given it due respect?

Am I truthful and fair, or do I injure others by deceit, calumny, detraction, violating a secret, etc.?

Have I done violence to others in any way? Have I advised or helped another procure an abortion? Do I hold on to anger or hatred for others?

Have I stolen property of others or desired it unjustly and inordinately? Have I damaged it? Did I make restitution?

If injured, have I been willing to forgive? Have I been willing to accept the forgiveness of another?

III. Christ says: "Be perfect as your Father is perfect."

Have I tried to deepen my relationship with our Lord through prayer, reading the Word of God and meditating on it, and receiving the sacraments?

Have I used the talents God has given me to benefit others and the Kingdom of God?

Am I lazy and looking for the easy way out?

Do I follow the precept of fasting and abstinence?

Have I kept my senses and my whole body pure and chaste as a temple of the Holy Spirit consecrated for resurrection and glory, and as a sign of

God's faithful love for men and women, seen most perfectly in the Sacrament of Matrimony? Have I indulged in reading, conversation, shows, and entertainments that offend Christian and human decency? Have I been faithful to the moral law in my married life?

Have I gone against my conscience out of fear or hypocrisy?

Have I always tried to act in the true freedom of the sons of God according to the law of the Spirit, or am I a slave to the forces within me?