

# Examination of Conscience

## Based on the Works of Mercy

1. Do I believe that our God is “a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness”?
2. Do I believe that “Jesus Christ is the face of the Father’s mercy”?
3. Do I believe that mercy “is a wellspring of joy, serenity and peace”?
4. Do I believe that “our salvation depends on mercy”?
5. Do I believe that mercy “is not opposed to justice” but “expresses God’s way of reaching out to the sinner, offering him a new chance to look at himself, convert, and believe”?
6. Do I show mercy to the guilty and innocent alike?
7. Do I show mercy to those who are hungry or thirsty?
8. Do I show mercy to those who are in need of appropriate clothing and adequate shelter?
9. Do I show mercy to those who are in prison, to the families of those in prison, and to ex-offenders?
10. Do I show mercy to those who are sick, infirm or alone?
11. Do I show mercy to those who are dying, those who have died and to their families?
12. Do I show mercy by supporting public policies which address the needs of the poor, the homeless, the elderly, and those without adequate employment or health care?
13. Do I show mercy by giving encouragement and support to sinners?
14. Do I show mercy by instructing the uninformed and counseling the doubtful?
15. Do I show mercy by comforting those who are sorrowful and discouraged?
16. Do I show mercy by supporting faith communities and organizations which serve the spiritual needs of God’s people?
17. Do I show mercy by being patient to those in error and forgiving those who have offended or harmed me?
18. Do I show mercy by recognizing my own weaknesses, accepting my imperfections, and asking forgiveness from those I have offended or harmed?