

Scriptural Examination of Conscience

(Mt.5:3-12)

- Do I live with an undue attachment to temporal things? Am I really focused on the Kingdom of God?
- Do I allow the painful, difficult aspects of life to really touch me? Does the sorrow of others move me to compassionate action? What transforms me?
- Have I lived my life with gentleness and kindness toward others, especially in trying circumstances?
- Have I developed a real yearning for justice that is translated into authentic action?
- Do I forgive those who have hurt or ridiculed me? Have I let go of past resentments and grievances?
- Am I focused on what is most important in life - right relationship with God and others?
- Am I a peaceful person? Do I actively work for peace and reconciliation in my family and all my relationships? Am I committed to conflict resolution at all costs?
- How do I respond to insults, denigration or name calling? Am I persecuted for the right things? Do I speak the truth in love?
- What do I rejoice in? Am I truly present to other's pains and sorrows, joys and successes?
- What do I do to develop my discipleship in Christ?

Beatitudes

Poor in spirit: Blessed are those who recognize the incompleteness of their own humanity.

Those who mourn: Blessed are people who experience the great losses of Life and put them in perspective.

Those who are humble: Blessed are those who understand their place in the universe.

Those who do God's will: Blessed are those who are attentive to the Inner Voice of Love.

Those who are merciful: Blessed are those whose mantra is kindness and forgiveness.

The pure of heart: Blessed are those who strive for wholeness.

Those who work for peace: Blessed are those who shun violence and work for reconciliation.

Those who are persecuted: Blessed are those who are faithful to the Greater Good. Blessed are those who graciously endure personal attacks, ridicule and discrimination because of their faith.