



**Key Word**

**examination of conscience**  
the act of determining whether the choices we have made showed love for God, ourselves, and others

When we examine our conscience we ask ourselves questions like the ones below.

- How have I shown love, or failed to show love, for God in my thoughts, words, and actions?
- How have I shown love, or failed to show love, for others in my thoughts, words, and actions?
- How have I shown love, or failed to show love, for myself as a person made in God's image?

We can examine our conscience any time. One possible time is before we fall asleep

at night. Another time is when we celebrate the sacrament of Penance and Reconciliation.

When we examine our conscience we can thank God for giving us the strength to make good choices. Reflecting on the choices we have made helps us to make choices that bring us closer to God.

**WE RESPOND**

When are times you can examine your conscience?

Pray to the Holy Spirit for guidance in listening to your conscience.