

Examination of Conscience

Fruits of the Spirit

Galatians 5: 19-23

Now the works of the flesh are obvious: immorality, impurity, licentiousness, idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, occasions of envy, drinking bouts, orgies, and the like. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

In contrast, the ***fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.***

1. Love

Do I love God with all my heart, soul, mind and strength above all else? Do I truly love others as I love myself? Do my actions show it? Am I caring toward my family, and my friends? How do I treat people I don't know (cashiers, service personnel, the homeless person on the street)?

2. Joy

Am I joyful and content with what I have and with the gifts the Lord has given me? Have I envied another person or another's possessions or lifestyle? Do I joyfully submit to God's will? Am I willing to suffer joyfully for the sake of others?

3. Peace

Is there someone I need to forgive and have not? Do I hold grudges? Is my temper a problem? Do I hold anger or resentment in my heart?

4. Patience

Do I really honor my parents and people in authority? Do I submit to the just laws of our society? Do I try to listen to what they ask of me and be patient with them? Do I lash out when I am frustrated or when someone interrupts me? Do I curse in impatience?

5. Kindness

Do I look to the needs of others and strive to treat every person as if they were Jesus Himself? Am I kind to myself, or am I too hard on myself? Do I wallow in self-pity? Have I willfully turned away from opportunities to be kind?

6. Generosity

Am I generous with what I have? Have I stolen anything? Do I put too much trust or emphasis in material possessions? Have I given my time, talent and money to God and the poor? Am I willing to be inconvenienced for the benefit of others?

7. Faithfulness

Am I loyal to my spouse, family and friends? Am I faithful to my commitment to God, His church, my family? Am I constant in my Christian calling to be a disciple of Christ? Am I committed sincerely in my Christian values? Am I truthful? Can I be trusted? Do I keep confidences?

8. Gentleness

Do I always need to be in control? Does my need for power, recognition, or prestige take precedence over the need for God in my life? Am I gentle with my eyes, mouth and hands, especially when I am angry? Have I harmed another person with my words, my actions, or my refusal to act?

9. Self-control

Do I have a humble spirit of penance? Do I guard my senses? Have I given into carnal pleasures, vanity, greed or lust? Am I guilty of fornication, masturbation, or adultery? Have I given into pornography, gluttony, or drunkenness? Have I resorted to slander, gossip, or detraction? Is my use of social media charitable and within reason? Do I use distractions to avoid my responsibilities?

RITE OF RECONCILIATION

Reconciliation may be face-to-face or anonymous, with a screen between you and the priest.

Choose the option that is the most comfortable for you.

- The priest gives you a blessing or greeting upon entering the Confessional.
- Make the Sign of the Cross and say: “**Bless me, Father, for I have sinned. My last confession was...**” (give the number of weeks, months or years).
- **Confess all your sins to the priest.** The priest will help you to make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, our merciful Father who wants to forgive you.
- Following your confession of sins, say: “**I am sorry for these and all of my sins.**”
- The priest assigns you a penance and offers advice to help you be a better Catholic.
- Say an **Act of Contrition**, expressing your sorrow for your sins. The priest, acting in the person of Christ, then absolves you from your sins.
- The priest will tell you to “Go in peace!” Respond: “**Amen.**”

ACT OF CONTRITION

Oh my God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with the help of your grace, to do penance, to sin no more, and to avoid whatever leads me to sin. Our savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy. Amen.