

An Examination of Conscience

FAITH AND GOD

Do I defend my faith when faced with questions about it? Do I stand up for what I believe with my friends, in class, at social events? Do I share my faith with others? Do I know enough about my religion to share with others? Am I embarrassed or ashamed to express my religious beliefs and customs?

Do I have God and faith and other people "figured out," or am I open to new adventures, to the mystery which God continues to reveal daily?

Am I proud to be a Catholic Christian? Do I speak openly about my faith? Am I open to the religious traditions of others? Do I respect the faith and beliefs of others?

ACTION AND DECISIONS

Do I "go along with the crowd," or do I make decisions based on my beliefs and values? Am I prepared to do "what is right" under all circumstances?

Can others identify me as a Christian by my speech? Do I gossip? Use foul language? Take God's Name in vain? Is there enough evidence to convict me of being a Catholic?

FORGIVENESS

Do I learn from my mistakes? Do I apologize and forgive quickly? Do I seek forgiveness?

Do I forgive? Do I hold a grudge? Do I have the ability to forgive even the person who doesn't really deserve it?

Am I resentful of those who are more popular, smarter, better looking than me?

SUNDAYS...

Do I judge others at Sunday Mass by their appearance or dress? Do I come to Sunday Mass as a willing and active participant? Do I join in the singing? Do I take time after Mass to meet people and help build a sense of community?

Do I appreciate the gift of the Eucharist, and this opportunity to speak to and to listen to God? Do I carry on conversations during Mass, disturbing others at prayer?

... AND THE REST OF THE WEEK

Am I aware of God in my life on days other than Sunday? How does God enter into my studies, my extra-curricular activities? Have I ever invited God to be involved in these areas of my life?

As I increase my knowledge in academic areas, how am I deepening my understanding and appreciation for God in my life? What are the top three priorities in my life? Is God there? If not, then where?

How has God blessed me today? Yesterday? When was the last time I said thanks?

HOSPITALITY

Do I welcome new students, and make them feel at home? Do I reach out to those who may feel lost at college? Do I hang out only with my friends? Do I belong to a clique?

When was the last time I invited another student to a Newman Center activity?

PARTICIPATION

How aware am I of the needs of others? How involved am I in the needs of the Newman Community? In the university community? In the wider civic community? Who is my neighbor?

Do I volunteer for student or Newman activities, or do I assume that someone else will? When I do volunteer, is it done out of love?

STUDENT LIFE

Do I see Jesus in other students? In the faculty? In my roommates? Do I give them the benefit of the doubt?

Do I read my assignments, prepare for class? Do I procrastinate? Do I follow through on my promises? Am I able to finish jobs? Am I faithful to times of study? Exercise? Prayer?

Do I begin my day with prayer? Do I thank God at the end of each day? Do I lift up my parents and siblings in prayer? My classmates? My roommates? My teachers?

SELF AWARENESS

Can I say to God: "Yes, I will go wherever You lead me"? Do I have the capacity to "wonder" at that which is commonplace in my life?

Am I comfortable with myself and my

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environment? In other words, can I accept what I cannot change? Do I have a sense of humor? Do I have the ability to laugh at myself?

Am I hooked on fads? Drugs? Alcohol? Tobacco? Sex? Possessions? Have I abused any of God's gifts through actions, such as eating, drinking, smoking? Am I carrying on any kind of sexual relationship outside of marriage? Do I treat people as objects, especially in sexual ways? Do I make sexist remarks? Do I read pornography?

Do I try to communicate with my parents? My brothers and sisters? My roommates?

Am I truthful and honest in all I say and do? Have I done violence to others by damaging their reputation, honor, or material possessions?

Can I accept the reality of authority? *