

**AN EXAMINATION OF CONSCIENCE:
*Love of God and Love of neighbor***

Luke 10. The Good Samaritan

²⁵ One day an expert in the Law of Moses stood up and asked Jesus a question to see what he would say. He asked: Teacher, what must I do to have eternal life?

²⁶ Jesus answered: What is written in the Scriptures? How do you understand them?

²⁷ The man replied:

The Scriptures say: *Love the Lord your God with all your heart, soul, strength, and mind.*

They also say: *Love your neighbor as much as you love yourself.*

²⁸ Jesus said: You have given the right answer. If you do this, you will have eternal life.

²⁹ But in order to look good, the lawyer wanted people to see that he knew what he was talking about. So he asked Jesus: Who is my neighbor?

³⁰ Jesus replied by telling this story:

Once there was a man who was walking on a journey from Jerusalem to Jericho. Robbers attacked him and grabbed everything he had. They beat him up and ran off, leaving him half dead. ³¹ A Jewish priest happened to be going down the same road. But when he saw the man, he walked by on the other side. ³² Later an assistant in the Temple came to the same place. But when he saw the man who had been beaten up, he also went by on the other side.

³³ But then a man from Samaria came traveling along the same road. When he saw the man, he felt very sorry for him ³⁴ and went over to him. He treated his wounds with olive oil and wine and bandaged them. Then he put him on his own donkey and brought him to an inn, where he took care of him. ³⁵ The next morning he gave the innkeeper two silver coins and said: Please take care of this man. If you spend more than this on him, I will pay you when I return.

³⁶ Then Jesus asked: Which one of these three people was a real neighbor to the man who was beaten by robbers?

³⁷ The teacher answered: The one who felt sorry for him and showed him kindness.

Jesus said: Then you go and do the same.



EXAMINATION OF CONSCIENCE

You can make an examination of conscience in different ways:

- Consider your life in the light of the teaching of Jesus: to love God with your whole heart and soul, and to love your neighbor as you love yourself;
- Remember the commitment of your baptism: to give witness to the love of God revealed in Christ -- in your thoughts, words and actions;
- Look at your life from the viewpoint of the Ten Commandments.

SOME QUESTIONS LIKE THE FOLLOWING MAY HELP:

Do I try to grow spiritually? Do I look at myself honestly to see where I can grow better?
Have I been trying to become a better Catholic, the way the Gospel teaches?
Do I want my sins forgiven, for the sake of a better life and a deeper friendship with God?
Do I trust that God will forgive me, as Jesus taught in the story of the prodigal son?
What is my attitude toward the sacrament of God's mercy, the sacrament of Penance and Reconciliation?
Did I deliberately conceal serious sins in past confessions through fear or shame?
Did I make up for any injuries I caused others?

How Much Do I Love God?

⁸Whoever does not love does not know God, for God is love. ⁹And God showed his love for us by sending his only Son into the world, so that we might have life through him. ¹⁰This is what love is: it is not that we have loved God, but that he loved us and sent his Son to be the means by which our sins are forgiven. 1 John 4

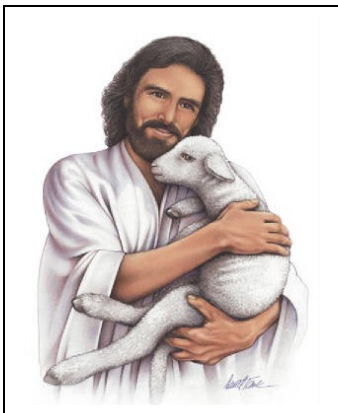
Do I believe in the God revealed by Jesus?
Do I trust in God's love for me?
Do I love God and show it by following Jesus as a disciple?
Do I speak with God in prayer, as a child talks with a mother or father?
Do I participate in the Sunday Mass with my brothers and sisters in Christ?
In addition to asking God for what I want, do I thank God for all that I have received?
Do I show reverence for God's name? Do I use God's name in curses or threats? Do I use God's name to tell lies?
In response to God's Spirit, do I try to live every day as well as I can?
Am I happy to be a Catholic? Do I try to grow in knowledge and love of my Catholic faith?
Am I courageous in professing my faith by what I say and do?

How Much Do I Love My Neighbor?

⁷ Let us love one another, because love comes from God. ¹² No one has ever seen God, but if we love one another, God lives in union with us, and God's love is made perfect in us. ¹⁶ God is love, and those who live in love live in union with God and God lives in union with them. 1 John 4

Do I do to others what I wouldn't want them to do to me?
Do I contribute to the happiness of the members of my family?
Am I loving and respectful to my parents, my spouse, my children?
Do I try to love other people, even beyond my own circle of family and friends?
Do I use people for my own purposes?
Do I pass harsh judgment on those who are different from me?
Do I pray for other people, even those whom I don't like?
Have I given bad example by my words or actions?
Am I willing to share my possessions with those who have less?
Do I share in the work of my parish, to bring the Gospel to others and to help those in need?
Do I pray for the world, so that God's Kingdom may come?
Am I lazy about doing what should be done for the sake of others and a better world?
Have I quarreled or insulted others without seeking peace and reconciliation?
Do I forgive those who have hurt me or done me harm?
Do I harbor hatred and a thirst for revenge?
Am I truthful and fair? Did I ever damage another's good name?
Have I ever damaged another person's possessions? Have I stolen?
Am I faithful to my spouse in word and deed?
Am I guilty of adultery by intimate relations with another person's spouse?
Have I taken an innocent life by abortion?

How Is My Personal Growth in the Christian Life?



Do I pray? Do I spend time with God?
Do I read God's Word, the Bible, and reflect on it?
Do I think about heaven and hope for eternal life with God?
Do I participate at Mass with attention and devotion on Sundays and holy days?
Do I share myself with others, (my time, my things, my care and concern)?
Do I use my talents and time to help others know Jesus?
Am I lazy? Do I waste a lot of time?
Am I addicted -- to myself, to my own pleasure? to drugs? to alcohol? to sex? to shopping? to TV or the Net?
Do I abuse God's gift of sexuality by paying attention to indecent books, magazines, movies and entertainment?