

An Examination of Conscience based on Chapter 4 of the *Holy Rule* of St. Benedict

General

- Have I neglected to love the Lord God with all my heart, all my soul, and all my strength, and my neighbor as myself? If so, in what specific ways?
- In deed *or in thought*, have I killed, committed adultery, stolen, coveted, or borne false witness?
- Have I failed to honor all men?
- Did I do to another what I would not have had done to me?
- Did I prefer anything to the love of Christ?

Self-Denial

- Have I been self-indulgent instead of denying myself in order to follow Christ?
- Have I pampered my body or sought after delicate living, rather than chastising my body?
- Have I neglected fasting or abstinence?
- Have I overindulged in wine or other beverages, or verged on gluttony?
- Have I been drowsy or slothful?
- Did I immerse myself in worldly affairs rather than keeping aloof from them?
- Did I fulfill the desires of the flesh rather than hating my own will?
- Have I sinned against chastity, modesty, or purity?

Charity towards Neighbor

- Have I neglected, when it was possible, to relieve the poor, clothe the naked, visit the sick, bury the dead, help in affliction, or console the sorrowing?
- Have I gratified anger or harbored a desire of revenge?
- Have I fostered guile in my heart or made a feigned peace?
- Have I failed to utter truth from heart and mouth?
- Have I rendered evil for evil or done wrong to anyone?
- Did I feel or exhibit impatience when wronged?
- Have I hated my enemies or any man?
- Did I neglect to pray for my enemies in the love of Christ?
- Have I avoided making peace with any adversary before the setting of the sun?
- Have I fled persecution for justice's sake?
- Have I rendered cursing for cursing, rather than a blessing?
- Have I been guilty of murmuring or detraction?
- Have I indulged in excessive talk, vain words, or unfitting laughter?
- Have I uttered evil and wicked words?

- Have I been jealous or given way to envy?
- Have I loved strife?
- Did I give in to vanity?
- Have I been proud?
- Did I fail to reverence my elders in Christ?
- Did I fail to love those who are my brothers, juniors, dependents, or pupils?
- Have I, in any other way, forsaken charity?

Seeking First God's Kingdom

- Have I been lax in fulfilling each day the commandments of God?
- Did I neglect in my prayer the daily confessing of past sins?
- Have I faltered in putting my hope in God?
- Have I subtly or openly attributed the good that I see in myself to myself rather than to God?
- Have I run away from acknowledging the evil I have done, or tried to blame it on someone else?
- Have I delayed taking the steps necessary to amend my sins, negligences, and failings?
- Have I been remiss in smashing my evil thoughts on the rock of Christ the instant they came into my heart?
- Have I been lax in applying myself to frequent prayer or lectio divina?
- Did I fail to keep death daily before my eyes, with fear of the Day of Judgment and dread of hell?
- Have I not been desiring everlasting life with all spiritual longing?
- Have I failed to keep guard over the actions of my life by bearing in mind that God sees me everywhere?
- Have I not sought the counsel of my spiritual father when I should have done so?
- Have I hidden evil thoughts from him?
- Have I shown poor obedience to the commands of those who are placed in authority over me?
- Did I seek a reputation for holiness rather than holiness itself?
- Have I ever despaired of God's mercy?