

**St. Patrick's Cathedral
Lenten Penitential Service 2022**

EXAMINATION OF CONSCIENCE

Reader 1

Blessed are the poor in spirit.

- Am I humble enough to acknowledge my total dependence on God?
- Am I able to admit that I don't have all the answers?
- Can I admit mistakes without blaming others?

Reader 2

Blessed are those who mourn.

- Do I stop to examine my losses, or do I miss the opportunity to be closer to God?
- Do I figure out why I fail to do good?
- Do I take my broken promises to God?
- Do I turn to God when facing death or loss of a loved one? Do I console and help those who mourn and suffer?
- Have I been able to say: "I am sorry" and really mean it?

Reader 1

Blessed are the humble.

- Do I align my desires with God's will?
- Do I serve my neighbours? ALL of them. Even the ungrateful? The people I don't like? Or the unlikeable?
- Am I able to affirm others rather than criticize them?
- Am I a good listener?

Reader 2

Blessed are those who hunger and thirst for righteousness.

- Do I yearn for God's justice or for material goods?
- Do I work for the triumph of love, peace and justice?
- Do I understand that every person is just as important as me?
- Do I listen with attention and devotion to the Word of God proclaimed?
- Am I hungry for Eucharist?

Reader 1

Blessed are the merciful.

- Do I choose to forgive or do I hold a grudge?
- Do I forgive when it's easy AND when it's hard?
- Do I forgive the unforgiveable?
- Do I give others the benefit of the doubt?
- Am I sensitive to others' needs?
- Do the needs of others come before my own?

Reader 2

Blessed are the pure of heart.

- Am I a person of integrity and sincerity?
- Am I honest about my own faults and failings?
- Do I do what is truly right or do I compromise because it's easier?
- Do I look for instant gratification?
- Do I recycle to keep God's world pure?
- Do I keep myself pure in mind, body, and soul?
- Have I allowed a particular sin or vice to distract me from God?

Reader 1

Blessed are the peacemakers for they shall be called children of God.

- Am I a person of reconciliation, peace and mercy?
- Do I hold grudges or seek revenge?
- Am I at peace with myself, with my family, friends, and those with whom I live and work?
- Do I bring peace to my world?

Reader 2

Blessed are those who are persecuted for the sake of justice.

- Do I examine myself and my conduct in light of the Gospel call to be a disciple?
- Do I follow Christ's example and stand up for what is right?
- Am I only a Christian when it is convenient for me, or socially acceptable?
- Am I able to suffer in silence or am I always complaining about something?

Reader 1

Blessed are those who trust in God.

- Do I take the time for God in my life through personal and private prayer?
- Do I bring my choices to God?
- Did I talk to God about important decisions? About family & friends? About how I spend my time?