

An Examination of Conscience in the Spirit of St. Francis of Assisi



Response: Lord, have mercy

1. For all the ways I have brought division in my family, my community, and my parish **R:**
2. For all the ways I have not been life-giving to my family and friends **R:**
3. For all the ways I have not appreciated the unique charisms and gifts of each individual person in my life **R:**
4. For all the ways I've failed to strive for holiness **R:**
5. For the times I did not strive for perfect charity **R:**
6. For the ways I've not lived my life in the manner of St. Francis, going from Gospel to life and life to the Gospel **R:**
7. For the times that I have witnessed hatred and I didn't sow love **R:**
8. For the times when someone was injured by words or actions and I didn't bring pardon **R:**
9. For the times when people were in doubt and I didn't share my faith **R:**
10. For the people who were in despair and I didn't give hope **R:**
11. For the times when I or others were in darkness and I didn't see or give light **R:**
12. For the times when others were sad and I didn't give joy **R:**
13. For the times I didn't console others **R:**
14. For the times I wasn't understanding toward others **R:**
15. For the times that I didn't love others or myself **R:**

16. For the times when I didn't freely give of my time, talent or treasure to others **R:**
17. For the times that Christ has not been the center and inspiration of my life **R:**
18. For the times I have not looked for Christ in the Scriptures, at Mass, in the Sacrament of Reconciliation, in other Sacraments and in others **R:**
19. For the times I have not proclaimed Christ by my life and my words **R:**
20. For the times I have worked or acted against the unity of the Church and have not lived in full communion with the Pope and bishops **R:**
21. For the times I didn't listen to the interior call to conversion **R:**
22. For the times I lacked a spirit of generosity, justice, and moderation in the use of God's gifts **R:**
23. For the times I have not chosen to live in the spirit of the Beatitudes **R:**
24. For the times I have not recognized Christ's image in all people equally, regardless of their position or station in life **R:**
25. For the times I have not gently and courteously welcomed every person as a gift from the Lord and as an image of Christ **R:**
26. For the ways I failed to show justice both privately and in the public forums of business and politics **R:**
27. For the times I have not cultivated a spirit of peace, fidelity, and respect for life in my family, parish, and society **R:**
28. For the times I have not encouraged the proper use and protection of natural resources in a spirit of universal kinship **R:**
29. For the times I have not shown respect for all God's creatures the way St. Francis did **R:**
30. For the times I have not esteemed work both as a gift and as a sharing in the creation, redemption and sanctification of the human community **R:**

[Compiled by Deacon Dave & Thérèse Ream, O.F.S., Revised July 2017]