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]