

Variety of Methods for use in conducting a thorough Examination of Conscience

Have I neglected to do the following when circumstances obliged me:

The Seven Spiritual Works of Mercy

1. To admonish sinners. 2. To instruct the ignorant. 3. To counsel the doubtful.
4. To comfort the sorrowful. 5. To bear wrongs patiently. 6. To forgive all injuries. 7. To pray for the living and the dead?

The Seven Corporal Works of Mercy

1. To feed the hungry. 2. To give drink to the thirsty. 3. To clothe the naked.
4. To visit and ransom the captives. 5. To harbor the homeless. 6. To visit the sick. 7. To bury the dead?

Remember our Holy Catholic Faith teaches us that ... *as the body without the spirit is dead; so also faith without works is dead.* (James, 2:26)

The Seven Deadly Sins and the Opposite Virtues

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| 1. Pride..... | Humility |
| 2. Covetousness..... | Liberality |
| 3. Lust..... | Chastity |
| 4. Anger..... | Meekness |
| 5. Gluttony..... | Temperance |
| 6. Envy..... | Brotherly love |
| 7. Sloth..... | Diligence |

Five Effects of Pride

1. Vainglory: **a.** Boasting **b.** Dissimulation / Duplicity
2. Ambition
3. Contempt for others
4. Anger / Revenge / Resentment
5. Stubbornness / Obstinacy.

Nine Ways of Being an Accessory to Another's Sin

- a.** Have I knowingly caused others to sin? Have I cooperated in the sins of others?
1. By counsel.
 2. By command.
 3. By consent.
 4. By provocation.
 5. By praise or flattery.
 6. By concealment.
 7. By partaking.
 8. By silence.
 9. By defense of the ill done?

The Four Sins which Cry to Heaven for Vengeance

1. Willful Murder.
2. The sin of Sodomy or Lesbianism.
3. Oppression of the poor.
4. Defrauding the laborer of his just wages.

The Six Commandments of the Church

1. Have I heard Mass on Sundays and holy days of obligation?
2. Have I fasted and abstained on the days appointed and have I kept the Eucharistic fast?
3. Have I confessed at least once a year?
4. Have I received the Holy Eucharist at least once in the year?
5. Have I contributed as far as I must to the support of the Church?
6. Have I observed the laws of the Church concerning Marriage, i.e.: Marriage without a priest present, or marrying a relative or non-Catholic?

The Five Blasphemies Against the Immaculate Heart of Mary

1. Have I blasphemed against the Immaculate Conception?
2. Have I blasphemed against Our Lady's Perpetual Virginity?
3. Have I blasphemed against Our Lady's Divine Maternity? Have I failed to recognize Our Lady as the Mother of all men?
4. Have I publicly sought to sow in the hearts of children indifference or scorn, or even hatred, of this Immaculate Mother?
5. Have I outraged Her directly in Her Holy images?