

## Examination of Conscience Based on the Works of Mercy

*The Corporal and Spiritual Works of Mercy are traditional guides to how Catholic Christians should live their lives in response to the people around them.*

1. Do I believe that our God is “a merciful and gracious God, slow to anger, and abounding in steadfast love and faithfulness”?
2. Do I believe that “Jesus Christ is the face of the Father’s mercy”?
3. Do I believe that mercy “is a wellspring of joy, serenity and peace”?
4. Do I believe that “our salvation depends on mercy”?
5. Do I believe that mercy “is not opposed to justice” but “expresses God’s way of reaching out to the sinner, offering him a new chance to look at himself, convert, and believe”?
6. Do I show mercy to the guilty and innocent alike?  
Do I advocate for mercy to the guilty and innocent alike?
7. Do I show mercy to those who are hungry or thirsty? Do I advocate for mercy to those who are hungry or thirsty?
8. Do I show mercy to those who are in need of appropriate clothing and adequate shelter?  
Do I advocate for those who are in need of appropriate clothing and adequate shelter?
9. Do I show mercy to those who are in prison, to the families of those in prison, and to ex-offenders?
10. Do I show mercy to those who are sick, infirm or alone? Do I advocate for those who are sick, infirm, and alone?
11. Do I show mercy to those who are dying, those who have died, and to their families?
12. Do I show mercy by supporting public policies which address the needs of the poor, the homeless, the elderly, those without adequate employment, health care or legal representation, and those who are marginalized or harmed by social, political and economic convention?
13. Do I show mercy by giving encouragement and support to sinners?
14. Do I show mercy by instructing the uninformed and counseling the doubtful?
15. Do I show mercy by comforting those who are sorrowful and discouraged?
16. Do I show mercy by supporting faith communities and organizations which serve the spiritual needs of God’s people?
17. Do I show mercy by being patient with those in error and forgiving those who have offended or harmed me?
18. Do I show mercy by recognizing my own weaknesses, accepting my imperfections and prejudices, and by asking forgiveness from those I have offended or harmed?