

An Examination of Conscience

Love of God

(Mark 12:28-30; John 14:23-24)

In what ways do I doubt God's love for me? Do I carve out time during the day to be with him in prayer or Scripture reading? Do I attend Mass when I am able? Am I angry at God because of places or circumstances in which I find myself, family difficulties, or an injury or illness? Do I curse, swear, or use God's name irreverently? Are there areas in my military life where I need to seek his will? In what particular areas am I called to be more obedient to God's commands?

Love for Others

(Luke 10:25-37; John 13:12-15)

Where have I been selfish or arrogant or failed to care for my family or those men and women with whom I serve? Have I used language that insults, demeans, or humiliates others? Have I gossiped about or slandered

others? Were there times when I was slow to put the needs of others before my own? Have I been respectful and obedient to my superiors? Are there situations where I need to build up or encourage others?

Forgiveness

(Matthew 18:21-35; John 8:1-11)

Do I accept God's forgiveness of all my sins? Is there a particular sin that I don't believe God can forgive? Do I find it hard to forgive myself? Are there situations in which I need to forgive? Perhaps I need to forgive someone who hurt me—an absent or negligent parent...the military service itself for "bad orders"... another deployment...an unfaithful spouse...being passed over for promotion...an enemy. Do I let anger fester in my heart?



Act of Contrition:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you, whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for me. In his name, my God, have mercy on me. Amen.

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Humility

(Mark 10:13-16; Philippians 2:6-11)

Am I prideful? Do I recall that my talents, gifts, and vocation come from God? Are there people with whom I refuse to share my time and gifts, even when the Lord is calling me to do so?

Am I self-sufficient, or do I turn to God's Holy Spirit for the grace and power to overcome temptation and live a victorious Christian life? Have I treated the people with whom I serve as children of God, regardless of their rank or position? Is there an area in my life that remains "secret"? Am I willing to speak to the chaplain about it?

Integrity/Honor

(Psalm 19:14; 1 Thessalonians 4:3-8)

Do I shirk my responsibilities, requiring others to pick up my burden? Do I carry out my duties honorably? Which of my actions are not consistent with military rules and Christian principles

of justice? Do I overindulge in alcohol or use illegal drugs? Have I engaged in sexual activity outside of marriage? Do I give my mind over to lustful thoughts or fantasies? Have I used pornography (books/internet/magazines/indecent movies)? Have I told or enjoyed lewd or obscene jokes or stories? Have I lied, cheated, or taken things that belong to others?

Courage

(Joshua 1:7-9; Matthew 23:37-39)

Do I speak out boldly when Christianity or my Catholic faith is challenged? Are there situations when others have suffered because I did not speak the truth in love? Do I stand up for what I know is right when others are beckoning me to move into situations which could lead me astray? Are there any fears that are holding me back from being the man or woman that God would have me be?

Scripture Verses to Pray

Love of God: "We love, because he first loved us." (1 John 4:19)

Love for Others: "Let each of you look not only to his own interests, but also to the interests of others." (Philippians 2:4)

Forgiveness: "Forgive us our trespasses as we forgive those who trespass against us." (Matthew 6:12)



Humility: "Do nothing from selfishness or conceit." (Philippians 2:3)

Integrity: "For the Lord...is a shield to those who walk in integrity." (Proverbs 2:7)

Courage: "I can do all things through him who strengthens me." (Philippians 4:13)