



SISTERS OF THE EUCHARISTIC HEART OF JESUS

Serving at St. Mary and St. Paul Parishes in Western Skagit County

Daily Examination of Conscience

A Guide for Growing in Holiness

What Is the Examen?

The Examination of Conscience, developed by Saint Ignatius of Loyola, is a prayerful review of the day that helps us grow in self-knowledge, gratitude, and closeness to God. It takes about 15 minutes and is best done at the end of the day.

Step 1: Gratitude — Become Aware of God's Presence

Begin by placing yourself consciously in the presence of God. Thank Him for the gifts of this day — large and small. Ask the Holy Spirit to help you see your day clearly and honestly.

Ask yourself: For what moments today am I most grateful? What was the best part of my day?

Step 2: Review the Day

Walk through the day from morning to night. Where did you feel God's presence? Where were you most fully alive? Where did you fail to respond to God's call?

Ask yourself: When did I feel closest to God? When did I feel distant from Him? When did I act out of love, and when out of selfishness?

Step 3: Examine Your Actions

Review your day against the commandments and virtues. Some helpful questions:

In regard to God:

- Did I pray with attention and reverence?
- Did I take God's name in vain?
- Did I give God first place in my thoughts and desires?

In regard to others:

- Did I treat others with kindness, patience, and respect?
- Did I speak truth? Did I gossip or damage anyone's reputation?
- Did I show care for those in need?
- Did I honor those in authority — parents, pastors, employers?

In regard to myself:

- Was I temperate in eating, drinking, entertainment, and use of media?
- Did I guard my thoughts and keep custody of my eyes and imagination?
- Was I honest in my work and dealings?
- Did I avoid occasions of sin?

Step 4: Contrition — Ask Forgiveness

Where you have fallen short, make an act of contrition. Ask God's forgiveness sincerely. If you have committed grave sin, resolve to go to Confession as soon as possible.

Act of Contrition:

"O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin. Amen."

Step 5: Look Forward — Resolution

Ask God for the grace you will need tomorrow. Make a concrete resolution: one small, specific way you will respond to God's call more faithfully tomorrow.

Close by praying the Our Father slowly, savoring each phrase as a gift from Jesus Himself.

A Note on Confession

The Examination of Conscience is not a substitute for the Sacrament of Confession. If mortal sin has been committed, confession is necessary before receiving Holy Communion. The Church encourages frequent confession — at least once a month — as a great means of spiritual growth.