

## **EXAMINATION OF CONSCIENCE: WHO AM I?**

*The Reader will pause between questions.*

Do I have respect for the gift of life itself?

- Do I respect the life and dignity of every human person from conception through natural death?
- Do I recognise the face of Christ reflected in all others around me whatever their race, class, age or abilities?
- Do I work to protect the dignity of others when it is being threatened?
- Am I protecting human life and ensuring that every human being is able to live in dignity?

How do I relate to those around me – my brothers and sisters in Christ?

- Do I try to make positive contributions in my family and in my community?
- Are my beliefs, attitudes and choices such that they strengthen or undermine the institution of the family?
- Am I aware of problems facing my local community and involved in efforts to find solutions? Do I stay informed and make my voice heard when needed?
- Do I support the efforts of poor people to work for change in their neighbourhoods and communities?
- Do my attitudes and interactions empower or disempower others?

Am I aware of the rights and responsibilities I have towards others?

- Do I recognise and respect the economic, social, political and cultural rights of others?
- Do I live in material comfort and excess while remaining insensitive to the needs of others whose rights are unfulfilled?
- Do I take seriously my responsibility to ensure that the rights of those in need are realised?
- Do I urge those in power to implement programmes and

policies that give priority to the human dignity and rights of all, especially the vulnerable?

How do I care for God's creation?

- Do I live out my responsibility to care for God's creation?
- Do I see my care for creation as connected to my concern for poor people who are most at risk from environmental problems?
- Do I litter? Live wastefully? Use energy too freely? Are there ways I could reduce consumption in my life?
- Are there ways I could change my daily practices and those of my family, school, workplace, or community to better conserve the earth's resources for future generations?

Does my life respect God's creation and all the human family?

- Do I give special attention to the needs of the poor and vulnerable in my community and in the world?
- Do my purchasing choices take into account the hands involved in the production of what I buy?
- When possible, do I buy products produced by workers whose rights and dignity were respected?
- Does the way I spend my time reflect a genuine concern for others?
- Is solidarity incorporated into my prayer and spirituality? Do I lift up vulnerable people throughout the world in my prayer, or is it reserved for only my personal concerns?
- Am I attentive only to my local neighbours or also those across the globe?
- Do I see all members of the human family as my brothers and sisters?

In conclusion, am I a person of faith and trust with hope, showing love and care?

- Do I have the faith to say, 'All will be well'?
- Am I positive in my outlook and grateful for all my gifts?
- Do I believe that with God all things are possible?