

## EXAMINATION OF CONSCIENCE from 'A Retreat with Pope Francis'

Pope Francis challenges us to constantly grow in discipleship with the Lord, considering questions such as:

- Is my life truly grounded in a daily encounter with Christ – in prayer, humility, on-going conversion, and an ever greater surrender of my life to Christ?
- Do I see my identity in Jesus Christ, or do I seek fulfilment in success, financial security, comfort, human glory or power?
- What might Christ be inviting me to give up that prevents me from following him more faithfully - my plans, my control, my pride, my fears, certain sins?
- Do I take time each day for prolonged moments of prayer, adoration, intimate conversation with the Lord, listening to his word?
- Do I have hope, trusting in God's ability to work through difficult situations or do I often succumb to fear, worry and discouragement?
- Am I patient with other peoples faults, realising how patient God is with my own?
- Do I eagerly extend Christ's mercy and compassion to others or do I quickly tend to judge people?
- Do I radiate the joy of Christ or do I tend to complain and focus on what is wrong in the world?
- Do I have an intense desire to share Christ's love with others or have I become lukewarm?
- How well do I fulfil my responsibility to care for the poor and the most vulnerable?
- To what extent have I adopted a consumerist lifestyle that keeps me busy pursuing wealth, possessions, and amusements for myself while neglecting my duties to those in need?
- Do I truly encounter the people in my daily life – do I accompany family, co-workers and friends amid their daily hopes and fears, joys and sorrows or am I too caught up in my own life to notice others' needs and share in the trials and triumphs of their lives?