



Examination of Conscience

Activities for Groups or Families

24 HOURS FOR THE LORD

In 2014, the Vatican's Dicastery for Evangelization initiated "24 Hours for the Lord" as an opportunity for dioceses around the world to emphasize the importance of Eucharistic adoration and the Sacrament of Penance and Reconciliation. This event begins on the eve of the Fourth Sunday of Lent, running from Friday, March 28, to Saturday, March 29. During this Jubilee Year 2025, Pope Francis encourages us to focus on God as our hope.



These resources have been developed to aid groups or families during this 24 Hours for the Lord of this Jubilee Year. Being intentional is key during this time. Perhaps you dedicate the first hour praising God by reading some of the Psalms. Then you might spend another hour in Eucharistic adoration and complete the last hour or so with Confession and then Mass. Whatever you decide, may these resources help you spend these twenty-four hours for the Lord.

**A well-formed
conscience enables us
to responsibly
exercise our free will
given to us by God.**

OVERVIEW OF ACTIVITY

Forming our conscience well is an obligation we each have throughout our lifetime. The Church teaches us to form, or educate, our conscience according to reason, Sacred Scripture, and the teachings of the Church (see *Catechism of the Catholic Church* 1776–1785). We must attend carefully to the teachings of Christ and the Church, which guide us in interpreting the Gospel, the Ten Commandments, and the Beatitudes. When

our conscience is properly formed and we are in the habit of listening carefully to the Holy Spirit, we are better prepared to make sound moral decisions.

One of the essential ways you can prepare yourself to receive God's merciful grace in the Sacrament of Penance is to examine your conscience. The following resources have been developed to help you. Each page approaches the examination of conscience from a different angle, using the Beatitudes, the Ten Commandments, or the Our Father. Choose the one that helps you focus on hope in Christ.

Examination of Conscience

Using the Beatitudes



Lord, you reminded us in your Sermon on the Mount of the attitudes we need to be your followers. Guide me now, with your Spirit, to examine the condition of my heart using your Beatitudes.

Blessed are . . .

The poor in spirit

How quick am I to desire stuff, even if I really do not need it?

They who mourn

How do I respond to suffering in the world?

The meek

How often do I seek to be last instead of first?

They who hunger and thirst for righteousness

What satisfies my needs the most?

The merciful

Do I too easily criticize others?

The clean of heart

What distracts me from giving my all to God?

The peacemakers

How difficult is it for me to seek out reconciliation?

They who are persecuted for the sake of righteousness

How willing am I to suffer for the Church?

Now that I have examined my conscience, guide me, Lord, in discerning how I may continue to have a Christian attitude in my heart according to your Word. Amen.

The full version is available in *Parent Connection: Opportunities to Love*, Grade 8.

Examination of Conscience

Using the Ten Commandments



Lord, you gave Moses your Commandments
to guide your people out of the slavery of sin.
Guide me now, with your Holy Spirit,
to examine the condition of my heart,
knowing that you call me to freedom
found in Christ, who is my Savior.

1. I am the Lord your God: you shall not have strange gods before me.

What or who is my first priority today?

2. You shall not take the name of the Lord your God in vain.

Do I use God's name in only reverent ways?

3. Remember to keep holy the Lord's Day.

How easy or difficult is it for me to worship God?

4. Honor your father and your mother.

How often do I consider the needs of my parents?

5. You shall not kill.

How do my words and actions show respect for all life?

6. You shall not commit adultery.

How do my thoughts, actions, and feelings toward others
respect their dignity?

7. You shall not steal.

How often do I seek or want more?

8. You shall not bear false witness against your neighbor.

How often do I embellish for my own sake?

9. You shall not covet your neighbor's spouse.

Is my heart happy with my family?

10. You shall not covet your neighbor's goods.

Is my heart content with what I have?

Now that I have examined my conscience,
guide me, Lord, in discerning how I may continue
to keep your Law in my heart
according to the Ten Commandments. Amen.

The full version is available in *Parent Connection: Opportunities to Love*, Grade 5.

Examination of Conscience

Using the Our Father



Jesus, you taught us to pray
and adore our Heavenly Father.
May your Holy Spirit be with me
as I examine the condition of my heart.
Help me place myself
in the presence of God the Father,
as I examine my conscience.

1. "Our Father, who art in heaven, hallowed be thy name"

How well do I respect God's holy name?

2. "Thy kingdom come"

How do my words and actions seek God's kingdom?

3. "Thy will be done on earth as it is in heaven"

In what ways do I obey God and his Church?

4. "Give us this day our daily bread"

What difficulties do I have in trusting that God
will provide?

**5. "And forgive us our trespasses as we forgive those
who trespass against us"**

What struggles do I have in forgiving my enemies?

6. "And lead us not into temptation"

How easily do I give in to temptation?

7. "But deliver us from evil"

In what ways do I seek God's peace?

Now that I have examined my conscience,
guide me, Lord, in discerning how I may continue
to open myself to the will of the Father
so that your Gospel reigns
in my heart forever. Amen.

The full version is available in *Parent Connection: Opportunities to Love*, Grade 1.