

Examination of Conscience

1. Am I intentionally spending more time in prayer to stay close to our Lord during these days when I can't receive Him in the Most Blessed Sacrament?
2. Am I treating my family with love, avoiding a critical heart and seeking to ignore their defects which do not offend to God?
3. Have I acknowledged that my family needs to come before my job, especially during this time? Am I working hard at my home life, with the same fervor that I put into my professional dealings?
4. Do I have faith that God will take care of my material needs during this time?
5. Am I seeking opportunities to grow in holiness during these days of isolation versus just "getting through them?" Do I see this time as a spiritual retreat that can benefit my soul and better prepare me for Easter?
6. Do I try to limit the news I read and watch that seeks to encourage fear and anxiety? Am I prudent in sharing news that I learn with friends and family, to avoid causing them unnecessary anxiety?
7. Am I wasting these days with too much screen time, Netflix, etc.?
8. Am I avoiding unnecessary spending during this time and the temptation to waste time shopping online?
9. Do I make extra efforts to reach out to those in need who are alone during this time of isolation?
10. Am I working with my spouse to set a new schedule for our family life during this time to promote order and virtue in our home?
11. Am I taking advantage of active participation in daily Mass, Rosary, etc. streamed on the internet?
12. Am I taking care of my body, finding time to exercise and avoiding eating too much and drinking too much?
13. Have I remained committed to my spiritual Plan of Life, with daily prayer, spiritual reading, etc.?
14. Have I spent time learning how the saints lived virtuously in times of isolation, wars and pandemics and asking for their intercession?
15. Have I asked St. Joseph, Pillar of Families, for his protection of my family during this time?
16. Am I planning activities for my children (playing in the yard, family games) to promote a sense of joy in the home? When friends and colleagues ask how I'm doing during these times, do I use those conversations as an opportunity for apostolate to tell how much I enjoy spending time with my family versus complaining about them and the difficulties we're facing?
17. Am I taking my role as the primary educator of my children seriously during this time? Am I teaching them the importance of the Most Blessed Sacrament during this time when I cannot receive it?
18. Am I praying for the souls of those who have died from COVID-19?
19. Am I prepared to share my resources with my neighbors, family and friends, following the example of the early Christians?

Act of Contrition